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Volume XIX Number 39

"Your Hometown Newspaper"

September 26, 1996

Pride's Drive-Up To Be Aired Again By ZBA Oct. 3rd

by Kathy Cassanelli
News Editor

The proposal for Agawam's first convenience store with a drive-up window has been tabled until October 3rd at the request of developer Robert Bolduc.

At the September 19th meeting, the Board of Appeals agreed to put off rendering a decision on Bolduc's application for a variance as well as a special permit to allow the operation of a drive thru window as part of the plan to enlarge and modernize the existing Pride store at Feeding Hills Center.

Bolduc, the president of Pride, asked for more time to prepare an amended site plan when it became apparent that the board members agreed the zoning code required 50 parking spaces, rather than the 18 parking spaces shown on the site plan.

Bolduc said, "We can probably give you 50 parking spaces. But from the aesthetic point of view, people are going to say, 'yuk.'"

Bolduc said a town ordinance requiring 50 parking spaces for drive thru restaurants should not apply to a convenience store selling sandwiches.

SEE PRIDE - Page 2...

Over 100 Attend Meeting...

Reinstatement Of Martin As AHS Hoop Coach Sought

by Dave Rollins
Sports Editor

In an emotional session that lasted almost an hour Tuesday night, former Agawam High School basketball Coach Mike Martin was defended by a host of people during Citizen's Speak Time of the Agawam School Committee meeting. About 100 of them came to the School Committee meeting to ask that the coach be given his job back.

It was an open forum. It made for good TV. But the question is this — will Martin, who led the Brownie basketball fortunes for 11 years, be allowed back into the coaching fraternity?

The reason for the problem. Last February, he was dismissed for allegedly using harsh language against one of his players after a tough loss. The player complained to his parents. They took it up with AHS Athletic Director Kathy McSweeney. She subsequently dismissed the coach with the backing of former Superintendent of Schools Bernard F. Ryder. There were three games remaining in the season when Martin was dismissed.

Now, Martin is bringing a nine-count federal court suit against the town. Among the complaints: defamation of character, loss of income, and emotional pain and suffering.

Former players of Martin, one Western Massachusetts referee, the basketball coach at Chicopee High School, parents, and current players all took the podium asking that Martin be reinstated.

Agawam High senior Todd Jorgenson, while admitting that the situation involving Martin and the player needed to be addressed, said removing Martin was unfair and not justified.

Jorgenson spoke while eight of his teammates looked on.

Former Martin players Aaron Vanderhoof, Michael DiLullo, and Paul Scoville all praised their former coach as someone who cared about them, especially off the basketball court.

Vanderhoof said when he was seriously injured in a automobile accident, Martin either came each day to visit or called during his entire 30 days in the hospital. Vanderhoof said basketball never came up in the conversation.

Scoville, now assistant basketball coach at Western New England College, was visibly

SEE MARTIN - Page 2...

"Harvest Day" At Heritage Hall Centers...



REPRESENTING THE ASGA (Agawam Senior Games Athletes) at Heritage Hall's "Harvest Day" (from left to right): Harry Ingram, Angelo Pumbo, Christine Pumbo, Lorraine Fontaine, Alice Bishop, and Janice Bonk. Advertiser News photo by Jack Devine.



ALEXUS PIERCE (left) with young merry-go-round riders Alahna Seymour and Briell Pierce at Heritage Hall's "Harvest Day." Held earlier this month, "Harvest Day" featured a wide array of events and activities for people of all ages and interests. (See additional photos in FAMILIES section.) Advertiser News photo by Jack Devine.

PRIDE STATION - from Page 1...

"Everyone knows that convenience stores have deli operations and if the town had wanted this by-law to apply to convenience stores, they would have said so," Bolduc said. "Just because we sell food does not make us a restaurant."

Acting ZBA Chairman Raymond Gendron said an establishment where refreshments or meals may be procured by the public meets the definition of a restaurant.

Gendron said he did not think the request for a variance met the criteria for relief from a financial hardship.

Gendron said he did not see a financial hardship when the convenience store could be expanded and modernized as planned without a drive-up window.

Being Penalized By Two Year-Old Law

Bolduc said he was being penalized by a two year-old law originally intended to block the construction of a McDonald's drive thru restaurant on

the lot he owns adjacent to the Pride station. McDonald's has since lost interest in the project and a Dunkin Donuts shop is being proposed for the site.

"The irony is if you've got a drive-up window, you don't need 50 parking spaces. People drive up and they don't park. We're being penalized by a law that doesn't make sense," Bolduc said.

Bolduc said the site plan showing a white clapboard-covered, colonial style building (set back from a canopied, four pump gas station) has been approved by the Planning Board.

Bolduc said his firm has done its part to accommodate the town's request for a colonial looking building in Feeding Hills Center.

"We have totally changed our plan to show a desire to cooperate," Bolduc said. "We did not want a colonial-style building. It's not consistent with our chain, but we're making a major concession by giving the town a colonial-style building. We've done our share to come all the way to your side."

Bolduc said the enlarged convenience store will have a franchise to sell Subway grinders in place of the existing deli operation.

Lynette Williams, an abutter, said the drive-up window would cause noise pollution from the "squawkbox" and exhaust pollution from cars idling in line at the drive-up window.

Bolduc said the call box would be located at the farthest point from Ms. Williams' property and the plan has been redesigned to queue up to eight cars at the drive-up to avoid having cars backed up into the intersection.

"Our customers aren't dumb," Bolduc said. "If we can't serve them quickly enough, people aren't going to get in line. They will park and come inside. The waiting in line is going to be a self-correcting thing."

The site plan for the donut shop has been approved by the Planning Board. A special permit will be needed from the ZBA for a drive-up window.

MARTIN - from Page 1...

shaken when discussing Martin's dismissal. He said that Martin was directly responsible for helping him graduate from Agawam High when he was experiencing problems.

Scoville also said Martin was more concerned with his welfare as a person than as a basketball player.

Parents Joanne and William Menard both defended Martin and asked for his reinstatement. Their son, Bryan, is a senior at Agawam High and played for Martin last year as a junior.

After the meeting Tuesday night, McSweeney would not comment on the lawsuit. She stressed that when it is all played out in court, she would have a statement. It is not known if Martin's job has been posted, and if it has, if there are any applicants.

Martin did comment after the meeting, however. "I was called into her (McSweeney's) of-

fice and notified that a complaint had come down. I had a choice — resign or be suspended. Before that, I'd been assured that no action would be taken against me. I didn't feel I did anything to warrant a resignation. So I was subsequently suspended. My lawyers informed me that what transpired was wrong. I was supposed to be notified seven days before my suspension that I was suspended under the Massachusetts Education Act, section 42-D. It clearly defines the procedure for suspension. I was suspended out of hand."

He added, "I had an arbitration hearing scheduled for October 18th. I was told that date would be too late to get my coaching job back. It was moved up to September 12th. There was even another date for the hearing. The town lawyers said most people who would be involved had prior commitments. I could understand that. What I don't understand is why I can't get my day in court."

He made those statements after new Agawam Superintendent of Schools Frank Ameruso sent down the edict — the coach was history, based on McSweeney's recommendation.

But he stated reasons why he should be reinstated. "I know I'm very emotional when I coach," he said, then added, "I believe athletics is very important to our children. I'm very mild-mannered when it comes to my coaching methods. If the kids do well, they get praise. If they don't, they'll know about it. The players I coach are very intelligent young men. Many of them have enough talent to go on and be successful, not only athletically but academically in college. I didn't do what I was accused of doing."

The coach got quiet when asked about the amount and strength of the support he got Tuesday night. "I was humbled by what they said. Sometimes you don't know what you've done in a positive sense until people get up and tell other people about it."

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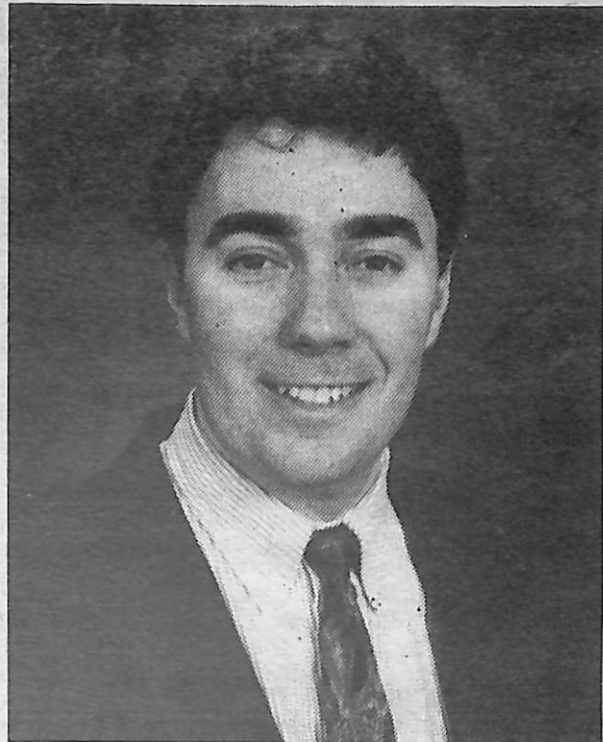
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STATE FUNDED LOCAL AID TO AGAWAM UP 22%

AGAWAM FUNDING INCREASED \$435,150 TO \$2,434,181 SINCE TAKING OFFICE



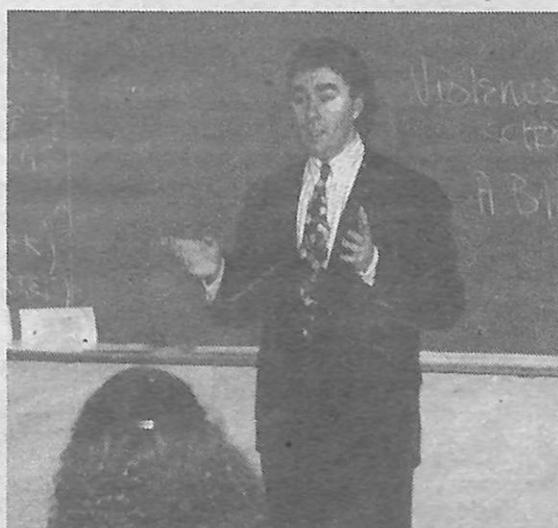
He knows what to do to create jobs, to increase local aid to our communities and to give taxpayers a needed break.

- Worked hard to secure **increases in Local Aid** assistance for Agawam, Blandford, Granville, Russell, Southwick, & Tolland and funding for **local road & bridge projects, snow removal, and open space preservation.**
- Voted to return to all taxpayers the surplus in the state's Rainy Day Stabilization Fund in the form of a **tax rebate ...** as promised. **\$234 million to be returned to taxpayers.**
- Supported the Mutual Fund Industry tax changes which for the first time obligates an industry receiving tax benefits to reciprocate by **creating jobs in Massachusetts.**



STATE FUNDED EDUCATION AID TO AGAWAM UP 23%

AGAWAM FUNDING INCREASED \$1,495,000 TO \$7,977,036 SINCE TAKING OFFICE



He shares our concern about education and the need to give our children the skills and training they need to succeed.

- Worked to secure **Education Reform** funding for initiatives in our local schools and increased funding for our state's higher education institutions.
- Fought to get **Tuition Tax Credits** and to enhance funding for **scholarships and no-interest loan** assistance for working families faced with high college costs.
- Supported increased funding for **early childhood education, adult basic education, and job training initiatives.**
- Helped create the Education Technology Board which will assist our communities in funding **computerization and technology advances** in our schools.

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Dan understands what's important to families in our district ... and it shows.

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Letters To The Editor

Pietroniro Committee Thanks Riverside Park's "Friends"

To The Editor:

The Michael Pietroniro Fundraising Committee would like to express their sincerest thanks to Riverside Park and the members of "Friends in Harmony" for their wonderful performances on September 20th and 21st.

The show was absolutely fantastic. All the performers are so talented and funny. You could tell they were having as much fun as the audience!

"Friends in Harmony" graciously donated all proceeds from the two shows to the Michael Pietroniro Fundraising Committee, which in turn supports the Epilepsy Foundation of Massachusetts and the Epilepsy Programs at Baystate Medical Center in Springfield and at Boston Children's Hospital.

Michael Pietroniro Fundraising Committee

AHS Football Team & Gridiron Parents Thank Community

To The Editor:

Another football season is upon us. Before we get too deep into the season, we would like to thank everyone who supported the Annual Car Wash and Bucket Brigade.

Like all teams, we depend upon the generosity of everyone in the community, and without your donations we wouldn't be able to do as much. Also, we'd like to mention the tremendous support we receive each year from the local businesses that advertise in our program book. We are very appreciative of their support.

Please join us in wishing the players and cheerleaders a fulfilling season, and accept our invitation to come out and join us in supporting and cheering our young men and women on to victory.

Sincerely,
The Gridiron Parents Association

Feeding Hills Resident Praises Students With High SAT's

To The Editor:

I would like to use this space to congratulate the following high school students for their success on the SATs they took last spring. These students all received a score of 1150 or better and are part of the Renaissance program at the high school. As a result, each one recently received congratulations and a fine wristwatch from the Agawam Chamber of Commerce.

Knowing these students and having had the privilege of working with them, I can easily say that they are a credit to our school system and to our community. I look forward to seeing the contributions they will be making to our town as they grow into adults.

I also extend sincere appreciation to the

Agawam Chamber of Commerce for donating these watches, for recognizing these upstanding future leaders of our town, and for all the contributions the businesses in this community make to encourage and promote a good education in Agawam.

My congratulations to:

Cindi Alfano, Gwen Beaver, Christopher Bednarzyk, Sharon Chicklas, Eric Clark, Nicholas Devanski, Pam Eaton, Mike Freeman, Jason Jean, Keith Jendza, Paul Lalli, David Martin, Zac Mounelme, Jeanne O'Neil, Patricia Olson, Diane Parslow, Rita Reshamwala, Steve Rovithis, Richard Skowrya, and Kevin Tampone.

Sincerely,
Kathleen A. Mounelme
Feeding Hills

AHS Field Hockey & Booster Club Thank Local Businesses

To The Editor:

The members of the Agawam High School Field Hockey Booster Club and the members of the varsity, junior varsity, and freshman field hockey teams would like to thank the following businesses for allowing us to use their establishments as sites for our recent can drive:

AMERICAN CLASSICS, AMES, CITGO STATION (SUFFIELD ST.), DAVE'S SODA & PET FOOD CITY, DUNKIN DONUTS (AGAWAM CENTER), DUNKIN DONUTS (FEEDING HILLS), PARTNERS, PUBLIC MARKET (MAIN ST.), and WESTBANK.

A special thank you to all the patrons who contributed to the can drive to make it such a success.

We appreciate your support.

Sincerely,
Booster Club Parents
AHS Girls' Field Hockey

18th Annual Open Heart Open Raises \$39,000

To The Editor:

The 18th Annual Open Heart Open was held on August 1, 1996 at Crestview County Club in Agawam. The tournament, which raised \$39,000, is the largest fundraising event for the American Heart Association in Western Massachusetts, as well as the largest tournament in the state. The Open Heart Open is a memorial tournament for Jack Rishty, the event's founder.

The 1996 Open Heart Open hosted a field of 175 golfers who all enjoyed a round of golf, gourmet dinner, a live and a silent auction.

The major sponsors of this year's event were: All for a Dollar, Inc., J.D. Rivet Co., Aaron Posnik, Inc., Chicopee Savings Bank, North Star Pulp & Paper, and Massasoit Tackband, Inc.

The Committee would like to thank all players and sponsors of this year's event, and looks forward to your participation in the 19th Annual Tournament.

Thank you,
Carolyn M. Bailey
Special Projects Manager
American Heart Association (Mass. Affiliate, Inc.)

SAT's Will Improve If The School System Works Together

To The Editor:

Once again, we are discussing the SAT results at the High School. And, as before, we are focusing on the "average" and not on the "above average" scores.

Many students did very well on last year's test, but their achievements will get lost as we only

tend to dwell on those who didn't.

By all means improve the curriculum, as this should always be an ongoing process. But don't lose sight of the fact that the existing curriculum is producing many above average students who earn very good grades on the SAT and that these students are getting into the colleges of their choice.

A curriculum change alone, while important, won't produce instant improvements. Students must also take the increased responsibility for their own tests. You can't walk into an SAT session on a Saturday morning in the spring with little or no preparation (as many students do) and expect to do well.

If students are planning to take the SAT test, they must work with their guidance counselors and take the necessary college preparatory courses. They must also have the goal to do their very best in these courses, not the attitude that "I only need to get a C." Students must strive to make the honor roll and not just to "pass."

Parents can help by supporting their children in this process. If your son or daughter will be taking the SAT in the Junior year, make sure that they prepare for it by taking the PSAT during their Sophomore year. Once they know their score, make sure that they use the itemized results to identify their strengths and weaknesses. Time must then be spent improving on those weaknesses.

During their Junior year, purchase for them an SAT preparation book. See to it that they take the sample tests and learn from any mistakes they make. Enroll your son or daughter in one of the many SAT preparatory courses that are offered in the area.

This expenditure of time and money on your part will show your son or daughter how important preparation for the test can be, and how preparation will improve their score. Please don't tell your child to take the SAT simply for the experience if they haven't been preparing for it all along by taking the necessary courses, etc. Encourage them from the beginning of grade 9 to do everything necessary to succeed on the SAT.

The teachers in your system will do everything necessary to improve the curriculum, but they can't achieve improvement alone. The high school has been working on curriculum for many years and will fulfill their responsibility under the Massachusetts Education Reform Act. But this alone will not insure improvement unless the

SEE LETTERS - Page 5...

COMMUNITY CALENDAR

Sponsored By
COLONIAL FUNERAL HOME

Thursday, October 3rd
Agawam Junior Women's Club's
Open House/Membership Party
At Capt. Charles Leonard House
7:30 to 8:30 p.m.
Call 786-4578 for more information

Friday, October 4th
"First Friday Series" to present
folk singer Roger Tinknell
At Agawam Public Library
7:30 p.m.
(Free and open to the public)

Friday, October 4th
Nocturnal Adoration Society
of Agawam & West Spfld.
At St. Thomas Church, West Spfld.
7:00 to 11:00 p.m.

Saturday, October 5th
Harvest Smorgasbord at
Agawam Baptist Church
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LETTERS - from Page 4...

students improve their approach and preparation for the test itself. Many already have and their scores show the results.

If the whole system works together, with each group accepting responsibility for improving its own part, the SAT results will improve over the next few years. If we focus on only the curriculum, the job will be only half done.

Frank Meagher
Feeding Hills

Magovern Comments On Vandalism & "Mudslinging"

To The Editor:

An Open Letter To The Residents Of Agawam:

I had hoped that my campaign for State Representative would be based on the issues and my vision for the future. While standing in the center of Feeding Hills on Saturday, September 21st, with several of my campaign workers holding Magovern banners and signs, some coward punctured two tires on my car.

You say, "Well, this could have been a random act of violence." How many of you have ever parked your car in the turnaround of Granger School and had your tires slashed on a Saturday morning?

Not only were my tires slashed, but one of my volunteers who had her car parked in a different lot on the side of the school had her front tires slashed. What are the probabilities that the only two cars to have their tires slashed had **VOTE FOR MAGOVERN** bumper stickers on them?

To puncture the tires of someone who is supporting their candidate by having a bumper sticker on their car is inexcusable. I was especially outraged that the volunteer who had her tires punctured is 76 years young and spends most of her time volunteering at the Senior Center. She did not deserve this kind of abuse.

Two years ago when James Taylor ran for State Representative against Dan Keenan, someone spent thousands of dollars mailing phony police reports and lies about a man who only wanted to serve his community. Slashing of tires and unsigned letters with no return address mailings do not belong in any election process.

Dan Keenan is an honorable man and would not be a part of any of this type of hooliganism. I ask

Dan Keenan to take a leadership role in disassociating himself from his campaign supporters who stoop to this type of campaign.

I will not let this type of action intimidate me. I have a vision for this district that is based on a technology park as a base for increased tax revenues to improve our schools and community services.

With the proper leadership, I know this can be achieved. Let's not let this campaign reduce itself to a level of mudslinging and vandalism.

Robert A. Magovern
Agawam

Residents States More "Facts" Regarding Berkshire Power

To The Editor:

With all due respect, I do not have the time or the energy to respond to these weekly letters, so I'll just state facts. If any proponent of Berkshire Power would like to respond to the following facts, so be it.

Fact No. 1: Berkshire Power applied for a special permit from the Agawam Zoning Board of Appeals to exceed the 40-foot height restrictions.

Fact No. 2: There was a special meeting held before the Agawam Zoning Board of Appeals regarding the granting of the special permit.

Fact No. 3: The zoning laws state that when a special meeting is held and a vote is taken, it must be unanimous (3-0) to grant the special permit.

Fact No. 4: The vote was not unanimous and the special permit was denied to Berkshire Power.

Fact No. 5: Berkshire Power took the Agawam Zoning Board of Appeals to court to challenge our zoning laws and the unanimous vote needed for a special permit.

Fact No. 6: Our very own Agawam town solicitor defends the Agawam Zoning Board against Berkshire Power.

Fact No. 7: Our group, the CCBA (Concerned Citizens and Businesses of Agawam), calls for an independent attorney to defend the Agawam ZBA, fearing collusion between the mayor's office, Berkshire Power, and our town solicitor.

Fact No. 8: Judge Welch rules Berkshire Power does not need a 3-0.

Fact No. 9: ZBA was convinced by town solicitors and Attorney Christopher Johnson not to appeal decision by Judge Welch.

Fact No. 10: Abutters seek intervenor's status

in case Berkshire Power goes to court in an attempt to keep the abutters' silent.

Fact No. 11: Attorney Christopher Johnson represents the Agawam Zoning Board of Appeals in Judge Bertha Josephson's courtroom in Northampton on July 10, 1996.

Question 1 — Did Ron Hebert, Chairman of the Agawam Zoning Board of Appeals, know that Attorney Christopher Johnson represented his Board on July 10, 1996.

Question 2 — Did the Agawam ZBA vote to give Attorney Johnson the right to represent them?

Fact No. 12: Judge Josephson rules that abutters can be heard.

Fact No. 13: Judge Josephson also rules that town solicitors inadequately represented the town in Judge Welch's courtroom.

Fact No. 14: The abutters will argue in court that the ZBA needed a 3-0 unanimous vote to grant a special permit to Berkshire Power.

Fact No. 15: Our own ZBA will not defend its own laws in court. Private citizens using private funds are trying to uphold the zoning laws of Agawam.

Enough name-calling and semantics.

Finally, I'd like to close by quoting the final paragraph by the CAT member in last week's AAN. A fellow resident was challenged by the following — "... you managed to divide a whole town just to SAVE the value of your home ..."

Thanks for hitting the nail on the head regarding our feeling of the property value issue. Zoning laws are in place to indeed SAVE the value of your home from things that shouldn't be in your neighborhood.

Thanks for admitting what we've been saying all along — a power plant at this site will decrease property values.

Kenneth Forni
Agawam

Political Candidates Should Be Free From Harassment

To The Editor:

With the advent of the political season upon us, I would like to offer the following observation for consideration.

SEE LETTERS -

Page 6...

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786-1128

Alexander's

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15% service charge will be added to your bill.

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This coupon is not redeemable on specially priced entrees, lunch menu items, or early bird specials. Only one coupon per couple, per visit. Coupon is not redeemable for cash or with any other coupon or special. Applicable taxes paid by bearer.

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LETTERS - from Page 5...

On Saturday morning, September 21st, Robert Magovern, candidate for State Representative and a group of his supporters were standing at the corner of South Westfield and Springfield Streets holding signs supporting his candidacy. When Mr. Magovern returned to his automobile, he discovered that both his front and rear tires were flat and upon closer examination, appeared to have been punctured in a deliberate manner. In addition, whoever had performed this act also found it necessary to do the same to the automobile of a 76 year-old woman who had volunteered her time in support of her candidate.

In as much as one car was parked in the circle of Granger Elementary School and the second car was parked in the rear parking area of the school, I can only conclude that this act of vandalism was both deliberate and intentional. While this incident created additional expense and inconvenience to the candidate, the fact that this act of deliberate vandalism was perpetrated upon one of our senior citizens is both reprehensible and inexcusable.

I would hope that those persons seeking public office be able to get their message across free from harassment and intimidation. We need to hear and respect all points of view in order to make an informed decision. We should then express our approval or displeasure in the voting booth with a ballot on November 5th, not in a parking lot with a knife on a September Saturday morning.

Sincerely,
R.E. LaRiviere
Feeding Hills

Rep. Keenan Says Agawam's COA Will Receive \$18,736

State Representative Daniel F. Keenan is pleased to announce that the Agawam Council on Aging has been awarded funding by the Executive Office of Elder Affairs. Over 300 communities across the state have been selected to receive funding for their Councils on Aging, and Agawam is slated to receive \$18,736.

Councils on Aging provide escort services to medical appointments, Meals on Wheels, exercise programs, transportation, intergenerational programs, and dozens of other programs and services to over 400,000 seniors across Massachusetts.

Agawam's grant will help to employ a van driver and newsletter coordinator, reimburse mileage costs, and provide for volunteer recognition, dues, printing, copying, and conference/meeting attendance.

"We in the Legislature have taken the initiative to fund outreach programs and services for our fastest growing population - our seniors," said Rep. Keenan. "This funding is vital to maintaining their independence and quality of life."

Rep. Keenan co-sponsored a budget amendment to secure additional funding for local senior services. The grants were awarded at a rate of \$3.50 per elder, an increase of \$.30 or 9.4 percent from the \$3.20 awarded in FY 1996.

"Director Richard Mundo, his staff, and volunteers who work at the Agawam Senior Center deserve the utmost credit for their dedication and hard work. I am pleased to support them in their efforts," Rep. Keenan concluded.

**You turn our pages for all
the local news - AAN!!!**

School Committee Hears Report...

Heterogeneous Grouping Of Students At AHS & Jr. High Causes Stir

by Kathy Cassanelli
News Editor

A year after the School Committee launched a five-year plan to eliminate the practice of grouping students by ability level for instruction at the Junior High and Agawam High Schools, the principals agree the program has been successful and should continue to be supported by the School Department.

In their report to the School Committee on Tuesday evening, both AHS Principal Joseph Zabielski and Junior High Principal Kevin Littlefield said they have received few complaints from parents or students. Furthermore, the teachers involved in the program are finding benefits in student self-esteem, improved classroom discipline, cooperative group work, and student-centered instruction.

Both principals asked the committee to continue supporting the heterogeneous program.

"We need you to give us the time to make this work and to see if this can do anything to help raise SAT and MEAP scores," Littlefield said.

Committee member Rosemary Sandlin said she was not backing off from her commitment to heterogeneous grouping.

"There are questions that come up," Mrs. Sandlin said. "I don't think questions will hurt the program as long as the commitment is there."

Member Teresa Kozloski, who has advocated an honors English program for ninth and 10th graders, said, "The point is we have to get rid of tracking, but we have to be sure that the students who would have been in high-ability groups are not being shortchanged."

Superintendent of Schools Frank Ameruso said society has made a judgement that public schools have been programming themselves for failure by staying with homogeneous grouping. "That is why states across the country are eliminating the general track that has become a dumping ground for students."

Member Linda Galarneau said the schools should be doing what is best for the majority of the students.

"The state assessments testing means all students need to get the same information, and that's not going to happen in a tracked classroom," Mrs. Galarneau said.

Zabielski noted, "There should be no doubt that the Education Reform law is the law of heterogeneous grouping, and we're following the intent of Education Reform. The teachers in the

English Department quite clearly stated the success of the program to you last year. We've made a strong commitment to heterogeneous grouping and keeping class size down."

More Students Performing At Higher Standard

Zabielski said the teachers report more students are performing at a higher standards and standards have not been lowered for more advanced students. This year, he said, students desiring a greater academic challenge can earn additional credit by producing a portfolio of work under the teacher's direction.

Rosemary Stratton, the academic coordinator for English, said ninth and 10th grade students who wish additional credit must commit to working on a portfolio all four terms. Students working on a portfolio will be expected to spend an additional four hours per week working independently.

With some social studies classes having as many as 27 students, Littlefield said, "That's too large no matter how you group them. Class size has been an issue since I've been an administrator. We're trying to address that by changing the ways we do our scheduling."

Last year, heterogeneous grouping was initiated for seventh grade social studies and ninth grade English classes.

This year, the program has been expanded at the Junior High to include seventh grade English and eighth grade social studies, and at the High School to include 10th grade English classes.

Littlefield said he anticipates the introduction of heterogeneous classes in eighth grade English and in the Science Department next year.

Mrs. Stratton said there is no general track in the English program at the High School. Students in the 11th and 12th grades select half-year electives in literature and writing courses. Advanced Placement English is offered to seniors, and an Advanced Placement Program for juniors is being considered.

Mrs. Stratton said students who are doing poorly in the heterogeneous classes are usually the students who don't come to school regularly.

"Our biggest problem is the student who is absent on a Monday and Tuesday and again on Thursday is missing out on the group work. That student is not someone who will come to see us for after-school help," Mrs. Stratton said.

Fire Wise...

by Fire Chief David Pisano

Tips For Fire-Safe Microwave Oven Cooking

Over 120,000 scald burns are treated in emergency rooms each year. The Agawam Fire Department warns that a new source of scald burns to infants is serving them both liquids and solid foods that have been prepared in a microwave oven.

• Hot liquids poured into disposable bottles may cause these bottles to burst, soaking the infant.


• Disposable bottles are not made to withstand intense microwave oven heat.

• Food microwaved may feel cool to the touch on the surface, only to be scalding hot in the middle. Many infants receive severe burns to the mouth and throat because of this.

• Parents should test the temperature of the baby's food before feeding the child.

• Additionally, parents should follow the directions provided by the bottle's manufacturer for heating instructions.

For further information, call the Agawam Fire Department at 786-2662.

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Thompson Says Mayor Must OK Order...

Council Hires Former Judge To Act As Counsel On Moreno's Allegations

by Kathy Cassanelli
News Editor

Ending months of debate, speculation, and parliamentary maneuvering, Town Council voted to hire an independent attorney to represent the council at a public hearing scheduled for next month.

At the Wednesday, September 18th meeting, three councilors abstained, two voted against, and six were in favor of hiring an attorney to represent the council at a public hearing called to determine if the misuse of public funds has been allowed by the council and the administration.

In favor were Councilors Edward Caba, Thomas Ennis, Dennis Perry, Kent Servis, David Skolnick, and Gary Suffriti.

Voting against were Councilors George Bitzas and Jill Simpson. Abstaining from the vote were Council President Nancy Thompson and Councilors Christian Quatrone and Joseph Langone.

Servis said Wednesday night's vote was the go-ahead to hire retired Judge John F. Moriarty of Springfield, who had been recommended to the council by a three-member sub-committee in August. Moriarty received the unanimous support of sub-committee chairman Perry and members Servis and Langone.

After speaking to several attorneys, the committee chose Moriarty for his impeccable credentials, his reputation for being aboveboard and honest, his familiarity with municipal law, and the fact that he has no ties to Agawam, Servis said.

"The vote to hire an attorney was a vote to hire Moriarty as far as I'm concerned," Servis said. "Either Councilor Dennis Perry or I will contact him. This is a done deal."

Servis said Moriarty will be hired under the provisions of Council Rule Number 38, which state that the funds for an independent attorney will come from the Law Department's consultant fund.

However, Ms. Thompson disagreed.

"The order approved by the council doesn't say who the attorney is going to be," Ms. Thompson said. "The committee may well have made a

recommendation, but that was never formalized and no particular attorney was named in the order."

Furthermore, Ms. Thompson said the order must be sent to the Mayor for his signature before it takes effect. If the Mayor does not sign the order within 10 days, it is considered vetoed. The council can override a veto by a two-thirds majority vote, Ms. Thompson said.

Ms. Thompson said she abstained from the vote on the advice of the city solicitor.

"I will not participate in any of this because according to the law, this hearing is not within our purview and hiring an attorney is not within our purview," Ms. Thompson said. "My responsibility is to the public and my actions have to be based on legal practice."

Thompson And Quatrone Vacated Their Seats...

At the council's August 5th meeting, Ms. Thompson and Quatrone vacated their seats to avoid inadvertently subjecting themselves or the town to potential liability for defamation, slander, and/or libel at the public hearing convened at the request of former Councilor Valentine Moreno on behalf of 59 petitioners.

Both Ms. Thompson and Quatrone based their decision to absent themselves on a legal opinion sent to the council by Town Solicitor Thomas S. Locke.

Reading from Locke's letter to the council, Ms. Thompson quoted, "I believe that allegations of criminal misconduct should be investigated by an appropriate law enforcement agency which is trained and qualified to conduct such investigations. The Supreme Judicial Court of Massachusetts has ruled in cases involving defamation that the imputation of a crime is defamatory per se."

The public hearing was continued until an attorney could be present to represent the council and is expected to be reconvened at the council's October 21st meeting.

Keenan Applauds Child Support Enforcement Gains In The State

State Representative Daniel F. Keenan has cited the results of a new study released by the Massachusetts Department of Revenue that details the gains made in child support enforcement over the last three years. The special report to the Legislature indicates that the number of Massachusetts families receiving Aid to Families with Dependent Children (AFDC) has dropped more than 26 percent, from 114,000 to about 84,000 families.

While the drop in the state's unemployment rate is certainly one factor in the reduction, other New England states that have experienced similar declines in their unemployment rates have not had similar declines in their welfare caseloads.

The Commonwealth has initiated an automated child support enforcement program that has become the most comprehensive in the nation. It serves as the national model for new hire reporting, automated wage assignment and bank match, license revocation, luxury automobile and boat seizure, and in-hospital paternity acknowledgement initiatives.

"Better collection and enforcement of child support obligations have made it possible for welfare recipients to rely on child support to gain financial independence," stated Rep. Keenan. "This translates into fewer families on public assistance, less money paid by the state for welfare benefits, and more money for taxpayers."

In a letter to legislators, Commissioner Mitchell Adams of the Department of Revenue wrote: "The Legislature's support has been critical to the success of these initiatives. The Legislature's enactment of important child support initiatives over the last few years has meant better lives for many children and their families and relief for all Massachusetts taxpayers."

The success of the program has enabled many Massachusetts families to achieve financial independence. More improvements are anticipated by the Department of Revenue to eliminate dependency.

They include enforcing more medical support orders, collecting more support on time and in full, examining the relationship of custody, visitation, and child support issues, and improving the tools to provide information on the location of the noncustodial parent.

You turn our pages each & every week...

Autumn harvest

Even though the days are getting shorter and the nights a little cooler, we've still got a long way to go before the harvest is over. Red, green, yellow, orange, chocolate, purple, and frying peppers. More than half a dozen varieties of hot peppers

(cayenne, poblaño, pasillo bajio, thai dragon, wax hots, cherry hots, habañeros, and jalapeños). Five types of eggplant. Cucumbers, pickles, tomatoes, plum tomatoes, cabbage, lettuce, summer squash, green beans, shell beans, wax beans, roma beans, and delicious butter & sugar corn.

Pumpkin of all shapes and sizes. Butternut, buttercup, sweet dumpling, white, orange,

and black acorn, spaghetti squash, and gourds. (Sorry, folks; no 62 pound banana squash this year). Corn stalks. And, of course, there's always Bobby's Famous Mums. Get 'em while they last!



Little Mikey Cecchi (center) effortlessly supports the entire weight of a giant banana squash while older brothers Bobby (left) and David (right) really seem to struggle with the ends. September 22, 1976.

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— Obituaries —

Norma S. Wise

Norma S. (Grimes) Wise, 53, of 50 Southwest St., Feeding Hills, a manager at Massachusetts Mutual Life Insurance Co. in Springfield, died in a local nursing home.

Born in Flint, Michigan, she moved to Springfield in 1988 and then to Feeding Hills last year. She was a former communicant of St. Catherine of Siena Church in Springfield and a member of the Mass. Mutual Golf League.

She leaves a daughter, Tammy L. Burroughs-Dowd of Feeding Hills; a brother, Robert E. Nail of Kalamazoo, Michigan; a sister, Marilyn L. Tobias of Clio, Michigan; and a granddaughter.

A graveside service was held in Flint Memorial Park, Mount Morris, Michigan. Agawam Funeral Home was in charge locally.

Memorial contributions may be made to the American Cancer Society, 383 Dwight St., Holyoke, MA 01040.

John A. Earle

John A. Earle, 35, of 418 Meadow St., Agawam, a retired branch manager of Hampden Savings Bank, died at the University Commons in Worcester from AIDS-related complications.

He started his banking career in mortgage operations with the former Bank of New England in 1983. He worked later in retail services at Multibank National and Hampden Savings Bank. Born in Gardner, he was a 1979 graduate of Narragansett Regional High School.

He received a bachelor's degree in finance from Westfield State College in 1991. While there, he received awards for academic excellence from the business and economic departments. He was a member of the Star Masonic Lodge in Athol, and was treasurer of the Longmeadow Education Assistance Program.

He attended the Unitarian-Universalist Society of Northampton and Florence.

His life partner, Peter L. Bergeron, died in 1995. He leaves his parents, Richard M. and Mary Ann (LeBlanc) Earle of Templeton; a brother, Richard M. Jr. of Lafayette, Florida; three sisters, Susan E. Smith of Jaffrey, New Hampshire, Linda M. Holmquist of Winchendon, and Amy M. Earle of Gardner, and a nephew and three nieces.

A memorial service will be conducted in the church on the afternoon of September 29th. There are no calling hours. Forastiere Family Funeral

Home of Springfield is in charge. Memorial contributions may be made to the Unitarian-Universalist Society of Northampton and the Florence Minister's Help Fund, 220 Main St., Northampton, 01060, or the American Foundation for AIDS Research, 500 Wilshire Blvd., Los Angeles, California 90036.

Rita R. Richardson

Rita R. (Emonds) Richardson, 75, of 866 Main St., Agawam died in Mercy Hospital in Springfield. She was a 45-year employee at the former Wico Electric Company in West Springfield, prior to retiring.

Born in Springfield, she attended Agawam schools and had been a resident here for more than 50 years. She leaves a daughter, Daine Aubin of Springfield; a sister, Arline Correa of Feeding Hills; three grandchildren and two great-grandchildren.

The funeral was at Colonial Funeral Home with burial in Springfield Street Cemetery. Memorial contributions may be made to the American Lung Association, 393 Maple St., Springfield, MA 01105.

Esther L. McKinley

Esther L. (Burns) McKinley, 87, of 76 Reed St., Agawam died recently at home. She was a retired office clerk at the former Albert Steiger Co. in Springfield.

Born in Holyoke, she was a graduate of St. Jerome High School there. She later moved to Agawam. She was a communicant of St. John the Evangelist Church and a past president and secretary of its Women's Guild.

She was also a member of the Agawam Women's Club. Her husband, John J. McKinley, Jr., died in 1959. She leaves two sons, John J. III of Rowley and Walter B. of Gorham, New Hampshire; a daughter, Madonna E. McKinley; a sister, Margaret Griffen, both of Agawam; nine grandchildren and six great-grandchildren.

The funeral was at Colonial Funeral Home and in the church, with burial in the late afternoon in Holy Family Cemetery, Gorham.

Memorial contributions may be made to the church, 823 Main St., Agawam, 01001, or the Sisters of St. Joseph, Mont Marie, Holyoke, 01040.

Council Approves Upgrade For Town's Personnel Chief

by Kathy Cassanelli
News Editor

A pay raise for Personnel Officer Sandra MacFadyen passed its first hurdle last week.

Six weeks after defeating the first reading of Mayor Christopher C. Johnson's proposal to upgrade the pay scale of the town's personnel officer, Town Council reversed itself at the Wednesday, September 18th meeting.

In a 10-1 vote, the council approved the first reading of the ordinance originally submitted by the Mayor and later reintroduced by Town Council President Nancy Thompson and Councilors Langone and Edward Caba.

Councilor Thomas Ennis was the sole dissenter to upgrading the personnel officer from tier 4 to tier 3, thereby raising the salary range from \$31,022-\$34,916 to \$36,400-\$41,000.

"It's high time this position was upgraded," Caba said. "She's doing a real fine job and it's good to recognize one of our employees who is doing so well."

Johnson first sent the upgrade request to the council in July, along with a survey demonstrating that both the salary range and the staffing levels in Agawam were below area cities and towns.

Johnson said the upgrading of the personnel officer was necessary "to remain competitive with other area communities in order to attract and keep qualified professional staff."

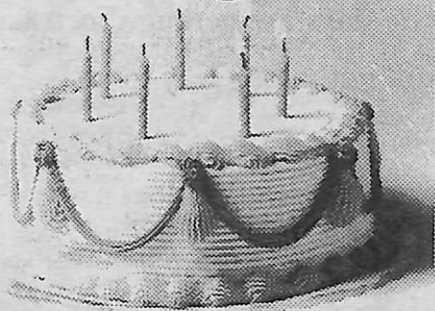
New Policies And Procedures...

Since Ms. MacFadyen became the town's personnel chief two years ago, new policies and procedures have been developed and instituted, a benefits/health fair has been conducted, audits of all benefit programs have been conducted, and a new health insurance plan for retirees has been put in place, Johnson said.

Additionally, an orientation program has been established for new employees, most personnel forms have been revised, a new training program for employees on sexual harassment issues has been developed, computer training for employees has been enhanced, and a business writing program has been initiated, Johnson said.

SEE PERSONNEL OFFICER - Page 10...

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PERSONNEL OFFICER - from Page 8...

At the August 5th Town Council meeting, the ordinance proposing the upgrade of MacFadyen's position was approved by the majority of the councilors present in a 7-1 vote, but failed to receive the eight votes required for a salary ordinance to pass.

When the ordinance was defeated in August, Ms. Thompson said she would put the matter back on the council's agenda as soon as possible.

"Relative to the other cities and towns, the range for our personnel officer needs to be upgraded," Ms. Thompson said.



CATHY SHEEHAN MOLTA with State Representative Dan Keenan. Molta is serving as Keenan's campaign coordinator in his bid for re-election. Advertiser News photo by Jack Devine.

Keenan To Host Open House At His Campaign Headquarters

State Representative Daniel F. Keenan is pleased to announce the opening of his campaign headquarters, located on the first floor at 543 Springfield Street in Agawam.

Rep. Keenan is running for re-election for his second term as State Representative in the Third Hampden District, which includes Agawam, Blandford, Granville, Russell, Southwick, and Tolland.

Cathy Sheehan Molta will serve as campaign coordinator in his campaign for re-election. Cathy is a 1984 graduate of Agawam High School and a 1988 graduate of Providence College. She graduated from Western New England College School of Law in Springfield in May of 1996.

Cathy has been involved in state government for eight years. A lifelong resident of Agawam, she now resides in Southwick with her husband, Robert.

"I'm honored to serve as campaign manager for Representative Keenan. In all of the years that I've been involved in public service, Rep. Keenan is one of the hardest working, most dedicated elected officials that I've ever met. The people of Agawam are very fortunate to have a representative who is so truly committed to representing their interests in the State House. I'm really proud to be part of his team," she said.

Rep. Keenan and Cathy will be hosting an open house at the campaign headquarters on Tuesday, October 1st, from 6:00 to 8:00 p.m. Residents of the Third Hampden District are encouraged to stop by and meet with Representative Keenan. Refreshments will be served.



Here they come! The Royal Canadian Mounted Police are performing now until Sunday in the Coliseum at this 75th anniversary edition of The Big E. It has been over 20 years since the Mounties performed on the Fairgrounds and you won't want to miss their very special form of precision and majesty.

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Magovern Elaborates On His Idea Of A High Technology Park

Robert Magovern of Agawam, a candidate for State Representative who is challenging Daniel Keenan of Blandford, has further elaborated on his idea of a high technology park in Agawam.

Magovern stated, "We need to move on this idea for a high technology park. Dan Keenan has failed to provide such leadership to counter the loss of jobs in our region. The loss of jobs and downsizing in our region in cutbacks in the defense industry, the loss of jobs at Providence Hospital, Monarch, Mass Mutual, and in the banking industry mergers and turnovers, along with the manufacturing jobs that have gone south, have created a dangerous vacuum. These losses are destroying our tax base and the aspirations of our workers."

Mayor Christopher C. Johnson of Agawam endorsed Magovern's plan of a high technology park. Johnson said, "Agawam's inventory of quality industrial land is quickly being developed, and the town needs to locate and develop new parcels. A technology park would bring quality new jobs and add to our tax base."

Magovern further added, "We need to build our tax base to enhance the quality of education for the children of Agawam. Children must have the opportunity to work in quality, good-paying jobs with benefits. Their education must go hand-in-hand with their opportunity to achieve quality employment. Therefore, we must locate a site for this technology park in Agawam. Fiber optics should be to this area as corn is to Iowa."

Magovern emphasized, "I have reviewed many parcels of land in Agawam. Presently, the Tennis Road parcel off Route 57 is vacant, unused, and frankly, is an eyesore. Anyone who drives by it to access Route 57 must acknowledge its present condition. I oppose the parcel's use as a shopping center, as I believe a shopping center there would be a step backwards and be detrimental to our community. I will propose this site to Mayor Johnson for consideration. It has the location, size, and availability for the high technology park."

Magovern concluded, "My view is that our State Representative must have a vision for the 21st century and must be a leader to bring such a goal of a high technology park to completion. Daniel Keenan has failed to produce that leadership and should not be received. I have the education, experience, and ability to exercise such leadership and ask the voters to consider me for State Representative."

The Veterans' Corner...

by Ruth C. Blitzas
Veterans' Agent
Town Hall — 786-0400, Ext. 236

Who Is Eligible For Benefits?

Veterans, dependents of veterans, and survivors of veterans of any of the following wars or campaigns may be eligible to receive benefits and/or services provided by federal or state statutes:

Wars:

- Civil War.
- Indian Wars.
- Mexican War.
- Spanish-American War.
- World War I.
- World War II.
- Korean War.
- Vietnam War.
- Persian Gulf War.

Campaigns:

- Army of Cuban Occupation.
- Nicaraguan Campaign (1912).
- Haitian Campaign (1915, 1919, 1920).
- Dominican Campaign.
- Second Nicaraguan Campaign.
- Yangtze Service.
- Army of Occupation of Germany.
- China Service.

- Navy Occupation Service.
- Army of Occupation.
- Lebanon Campaign.
- Grenada Campaign.
- Panama Campaign.

Eligible Dependents:

- Spouse of the veteran.
 - Widow/widower of the deceased veteran.
 - Parent of veteran.
 - Child of veteran through 17 years of age.
 - Child of veteran between 18 years of age and 23 years of age while the child is attending high school or an institute of higher learning.
 - Child of veteran over 18 years of age who is mentally or physically unable to support himself and was affected by the disability prior to his or her 18th birthday.
 - A divorced spouse of a veteran shall lose his or her eligibility upon the issuance by the court of a "decree absolute." The eligibility for benefits of the children of veteran shall not be affected by the issuance of a "decree absolute."
- (Next Week - Veterans' Benefits Under Chapter 115.)

Agawam DPW Says October 25th Is Last Date For Applying For Fall Water Connections

The Agawam Department of Public Works has announced that October 25, 1996 is the last date for applying for water connections, water connection renewals, sanitary sewer connections, or storm drain connections for installation prior to this winter.

Connections applied for after this date will not be installed until the spring of 1997. This notice does not apply to the homes in areas where connections have previously been installed to the property line.

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FACE TOWARD THE SUN, FOLLOWING
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*MAY WE TURN OUR HEARTS TO THE
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*...everyone who looks to the Son and believes in him shall have eternal life...
John 6:40 NIV*

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Families

McCormack Family Continues Battle Against Deadly Cystic Fibrosis

This article is about two special women from this town, Kathleen McCormack-Watkins and her sister, Patricia McCormack, daughters of Frederick and Mary McCormack (Country Road, Agawam). Their cousins, Coleen O'Brien and her sister, Kim O'Brien-Swaim, were both born with cystic fibrosis or C.F.

Cystic fibrosis is a terrible genetic disease that affects mostly the lungs of its victims and kills many people (namely children) each year.

After suffering for the only 10 years of her life, Coleen passed away. Her family and friends had watched for years as the life was slowly drained from her once high-spirited body. Coleen's death had a great impact on Kathleen and Patricia's lives. They all had shared a very close relationship.

The fight against C.F. has made great progress since Coleen's death in 1975. With today's medical technology, children are living much longer; some even reach their 40's. But it's a hard life full of hospital visits, numerous treatments and medications to be taken daily, and chronic coughing.

Approximately two years ago, Kathleen heard that doctors had developed a lung transplant that was being used for victims of cystic fibrosis. In the procedure, a lobe was removed from two living related donors. Kathleen said that if and when the time came for Kim to have a transplant, she wanted to be a donor. Patricia also agreed.

Last spring, Kathleen received a late-night phone call from Kim, who is living in California. She had been on supplemental oxygen 24 hours a day for almost a year and had a meager life at best. She would wake in the morning and spend the rest of the day on the couch. This was a considerable difference from the life that she had experienced as a teenager and even into her 20's.

Kim had always been very active, never letting her disease control her life. She was captain of the flag team in high school, and she Irish step-danced until she became too ill to continue at the age of 24. Now she had only 14 months to live.

Kim told Kathleen that she had something to ask of her. Before Kim could say another word, Kathleen exclaimed, "I want to be donor, and so does Patti!"

In order to receive the transplant, Kim needed to gain 10 pounds. She was five feet and weighed 80 pounds. This proved to be a tough task. After stomach surgery for a digestion problem and the insertion of a feeding tube, Kim still only weighed 80 pounds.

The decision to set a date for the transplant was made anyway, fearing that her condition would worsen. Thankfully, two weeks after the date was set, Kim gained 10 pounds.

Fundraisers were held on both coasts, and money was raised to help offset expenses. All of the families involved would like to thank everyone who contributed their prayers and gifts. They were all overwhelmed by the outpouring of generosity and love.

On August 20th at 5:30 a.m., Kathleen and Patricia arrived at U.S.C. University Hospital in Los Angeles, California. When they went to see Kim before checking in, she looked as excited as a child on Christmas morning. After hugs and kisses, the three girls said good-bye.

Later, when Kathleen and Patricia were laying in beds next to each other being prepped for surgery, they didn't stop to wonder why they volunteered for such a serious surgery with such a long and painful recovery. They never forgot the reason that they were there — to give Kim her life back.

After about five hours, the girls came out of surgery. First Kathleen, then Kim, and after a little while, Patricia. Kathleen and Kim were doing well; however, Patricia had two brief complications.

Firstly, because Patricia was the donor of a lobe from her right side (there are three lobes on the right and two on the left), she ran a risk of losing two lobes instead of one, and that is what happened. This did not put Patricia in serious danger; it just meant a little longer of a surgery and a recovery that was originally expected.

Secondly, when she was first out of surgery, Patricia's pain medication was not working properly. The staff hurried to adjust the medication and, soon after, she felt as good as could have been expected.

Three days later, Kim was taken off of her respirator, and Patricia and Kathleen were well enough to start walking around the floor. Kathleen felt that she was ready to walk to Kim's room in ICU. She went into Kim's sterile room dressed in scrubs and took hold of Kim's hand. Through the tears, Kim said, "Thank-you."

Today, Kathleen and Patricia are recovering in California. Kim is doing well, but she is still in ICU because of a few brief setbacks that are keeping her on the respirator.

She is expected to make a full recovery with 80- to 100-percent use of her new lungs, which is a vast improvement from the 20- to 30-percent use that she had before the surgery. Her new lungs will hopefully give her years of life that she did not expect to have.

Kathleen and Patricia are giving and caring people who are true heroes and models of generosity for all of us. Frederick and Mary McCormack must be very proud of their daughters.



PICTURED ABOVE - Felicia A. Schenkel (standing), transplant coordinator, USC University Medical Center; Patty McCormack (seated at left), donor; Kim O'Brien-Swaim, organ recipient; and Kathy McCormack-Watkins, donor.

Michelle M. Picher In Public Relations At Boston Hospital

Boston Regional Center for Reproductive Medicine, a department of Boston Regional Medical Center in Stoneham, has hired Michelle M. (Montesi) Picher, a 1986 graduate of Agawam High School, as Community Relations Specialist.

Picher was previously Creative Coordinator at Directech, Inc. in Lexington. Prior to that, she was the Graphics/Marketing Assistant at Corporate Decisions, Inc. in Boston.

In her new position, Picher will be responsible for implementing to build awareness and effectively communicate with the Center's publics, including patients, physicians, insurers, and Greater Boston communities.

Led by Co-Medical Directors Dr. Steven Bayer and Robert McInnes, the Center offers a comprehensive range of medical and support services for couples challenged with infertility.

Boston Regional Center for Reproductive Medicine offers a wide array of reproductive services in a supportive environment. Since its establishment in 1989, the Center has helped more than 650 families grow through intrauterine inseminations, in vitro fertilization, and other infertility treatments.

Picher earned her Bachelor's degree at St. Anselm College in Manchester, NH. A former resident of Feeding Hills, Picher currently resides in Wakefield, MA, with her husband, David.

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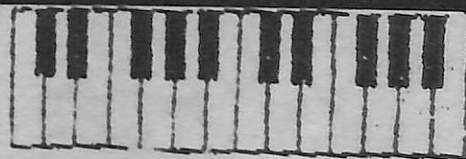
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Crankers Car Club Holds Rally At EB's



THE CRANKERS CAR CLUB held a rally at E.B.'s Specialty Chicken Restaurant on Sunday, September 8th. From left - Crankers members Richard Chapman and Rusty Jenks; IN PHOTO RIGHT, E.B.'s owner Edward G. Borgatti and Walter T. Kerr and Jane B. Shea. Advertiser News photos by Jack Devine.

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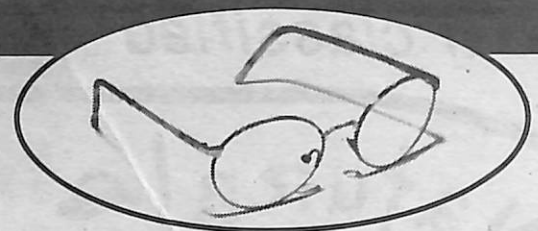
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Two Agawam Lions Are Presented With Melvin Jones Award

At a recent meeting held at the Agawam Lions Club, two members, Richard Bassett and Incoming President Raymond Olson, were presented with the Melvin Jones Fellow Award.

The Melvin Jones Fellowship honors Melvin Jones, the founder of Lions Clubs International. It is the highest form of recognition conferred by the foundation.

It is largely due to the growth of the fellowship program that L.C.I.F. has been able to meet humanitarian needs in communities worldwide.

As Melvin Jones Fellows, their names have been added to a listing of all individuals in the program. These names are electronically shown in continuous rotation in the L.C.I.F. Recognition Room at International Headquarters.

This exhibit stands as a tribute to a glowing network of individuals who are committed to the humanitarian objectives of L.C.I.F.



TWO AGAWAM LIONS CLUB MEMBERS, Richard Bassett and incoming President Raymond Olson (center, holding plaques) were recently honored with the prestigious "Melvin Jones Fellow Award." Looking on are Past District Governor Frederick Harkins (left) and outgoing Agawam Lions Club President Anthony Bonavita.

Agawam Golden Age Clubs' Calendar Of October Events

October 2nd: Chapter 2 — 14th Anniversary Banquet to be held at the Shaker Farms Country Club, Westfield. Dinner at 12:00 noon; entertainment to follow.

October 4th: Chapter 1 — Board of Directors' meeting at 1:00 p.m. at the Senior Center.

October 7th: Chapter 2 — Trip to "Vermont Country Dreams." Luncheon at the Old Red Mill; entertainment to follow.

October 9th: Chapter 1 — 40th Anniversary Banquet to be held at the Oak Ridge Country Club, Feeding Hills. Dinner at 12:30 p.m.; entertainment to follow.

October 16th: Chapter 1 — Trip to the North Shore Theatre to enjoy the musical "Cabaret."

October 16th: Chapter 2 — Regular meeting at 1:30 p.m. with guest speaker Mr. Henry LaFleur, who will be showing slides of his trip on the Appalachian Trail.

October 23rd: Chapter 1 — Regular meeting at 1:30 p.m. with gift bingo.

October 23rd: Chapter 2 — Trip to the Mansfield Holiday Inn to enjoy the "Anna Maria Albergetti Show."

October 25th: Chapter 2 — Dinner board meeting.

Membership Party & Open House Set By Ag. Junior Women

Are you looking for a way to become more involved in your community? Are you interested in making new friends while you help others? The Agawam Junior Women's Club needs you!

We are an organization dedicated to providing support to our community in a wide variety of areas. Some of our projects include: our Annual Arts & Crafts Festival for scholarships, Thanksgiving and Christmas Holiday Baskets for needy families, Pancake Breakfast with Santa & Mrs. Claus, Spelling Bee, Essay Contest for middle school students, ushering at StageWest, and more.

Club social events include a monthly Fun Night (for members and their significant others) and Craft Nights for members. We also have family activities such as an Easter Party for the children and an annual Family Cookout.

Monthly meetings are held on the third Tuesday of each month at 7:30 p.m. at the Captain Charles Leonard House at 663 Main Street in Agawam.

If you're interested, please join us at our Open House/Membership Party on Thursday, October 3rd. It will be held at the Captain Charles Leonard House from 7:30 to 8:30 p.m. Members will be available to answer questions and discuss club activities. Come see if this is the organization for you.

If you have any questions, please call Stephanie, Agawam Junior Women's Club Membership Chairwoman, at 786-4578.

Legion's Women Currently Conducting Membership Drive

Pioneer Valley Women Post 463 of the American Legion is currently having a membership drive. If you are a woman armed services veteran of any war, from World War I to the Persian Gulf, the post would welcome you as a member of the only woman veteran's post of the American Legion in Western Massachusetts.

"We want you and need you," states Membership Chairman Rose Haynes.

"Our purpose in being," she goes on to state, "is first to help veterans (men and women) in need in the Pioneer Valley, and second, to support veteran ceremonies in the area, as well as those of women veterans in the eastern part of our state."

The post meets the first Sunday of each month (with the exception of July and August) at 1:30 p.m. in the Grand Army of the Republic Hall, East Court Street, Springfield, which is to the left of Symphony Hall.

If you are interested or would like more information about Pioneer Valley Women Post 463, please contact Rose Haynes at 786-2597.

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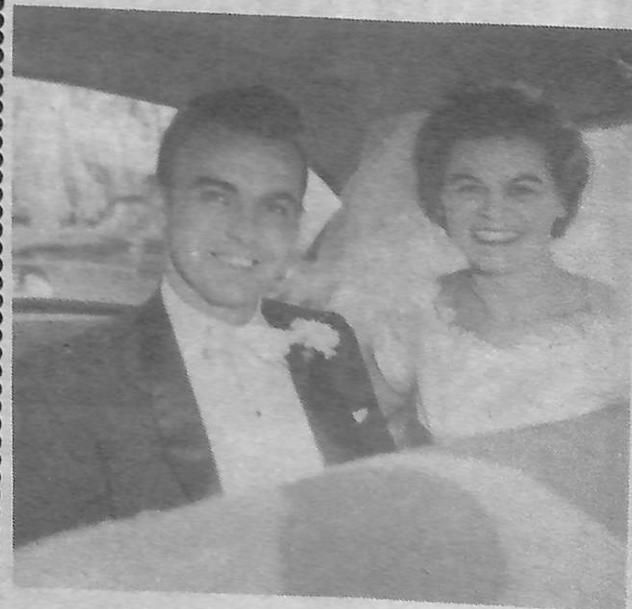
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K Of C 5585 Installs Officers For 1996-1997

On Tuesday, September 10, 1996, the J.F.K. Council 5585 of the Knights of Columbus installed its new slate of officers for the 1996-1997 fraternal year. The officers are as follows:

Jack Rohan, Grand Knight; **Timothy Robitaille**, Deputy Grand Knight; **Dennis Buell**, Chancellor; **Robert Templeton**, Warden; **Jim Hayes**, Recorder; **Ed Coffey**, Lecturer; **Nick Porfollio**, Inside Guard; **James Fournier**, Outside Guard; **Bob Sullivan**, Treasurer; **Jim Jenks**, Financial Secretary; **John Teahan**, Advocate; **Father Jack Shaeffer**, Chaplain; and three Trustees — **Dr. Robert LaMarche**, **Nelson Letendre**, and **Frank Meagher**.

The Knights of Columbus are a Catholic men's organization dedicated to service to church and community.

One of its newest projects is the Richard Rieker Memorial Scholarships for graduating seniors. In order to fund this scholarship, the Knights will be hosting a Tupperware Party on Wednesday, October 16, 1996.

This event is open to the public and will be held at the St. John's Parish Center, 823 Main Street, Agawam, MA, from 7:00 to 9:00 p.m. All the proceeds will be used for this scholarship.

If you knew Dick Rieker or just want to help our high school students, please plan to attend this event. The party will feature the complete line of Tupperware products and gifts and is open to the general public.



THE J.F.K. COUNCIL 5585 Knights of Columbus has installed its new slate of officers for the 1996-1997 fraternal year. The Knights are a Catholic men's organization dedicated to the church and community. Advertiser News photo by Jack Devine.

Ag. Senior Center's Weekly Lunch Menu

Monday, September 30th: Chicken breast, sweet potatoes, green beans, rye bread, chocolate pudding.

Tuesday, October 1st: Roast turkey, stuffing with gravy, butternut squash, wheat bread, baked apple with raisins.

Wednesday, October 2nd: Vegetable lasagna, tossed salad, rye bread, tapioca pudding, juice.

Thursday, October 3rd: BBQ pork rib on a roll, beans, cole slaw, canned peaches.

Friday, October 4th: Baked fish, potato wedges, spinach, pumpernickel bread, cookie.

(Menu subject to change without notice.)

Agawam Arts Council Accepting Grant Applications For 1996-1997

The Agawam Cultural Council is accepting applications for individuals and organizations for projects in the 1996-1997 grant cycle. The deadline for the grants is Tuesday, October 15, 1996. All applications must be typed and late applications will not be accepted.

In general, available funds will go to individuals and organizations that are dedicated to productive and creative efforts in the arts, humanities, or interpretive sciences. Individual applicants must show that a public benefit results from the project for which they seek funding.

Private nonprofit organizations must show proof of nonprofit and/or tax-exempt status. Groups of individuals coming together with a common purpose, who do not have nonprofit tax-exempt

status, are also eligible to apply for a grant.

Grant funds may be used for the study, pursuit, performance, exhibition, and/or enjoyment of cultural activities in the broadest sense.

Funds are provided on a reimbursement basis only.

Applications may be picked up at either the reference desk of the Agawam Public Library or the Agawam Town Hall. Completed applications may be mailed to JoAnne Condon, Chairman, Agawam Cultural Council, 65 Beekman Drive, Agawam, MA 01001, or delivered to the Agawam Town Hall, 36 Main Street, Agawam, MA 01001.

For more information, call JoAnne Condon at 789-0994.

CHECK OUR CLASSIFIED PAGES EVERY WEEK - AAN!

Arsenaults Announce New Son

Gene and Kelly Arsenault of Christopher Lane, Feeding Hills, are proud to announce the birth of their son, Jared Damon. He was born on August 31st and weighed 10 pounds and measured 23 inches long.

Welcoming Jared home was his 2½ year-old sister, Lauren.

The proud maternal grandparents are Lee Damon of West Springfield, Dan Kieffer of Enfield, CT, and Ron and Jacqueline Consolini of Chicopee. The paternal grandparents are Eugene and Annette Arsenault of Agawam.

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Agawam Senior Center's "October" Calendar Of Events & Programs

Tuesday, October 1st: 9:00 a.m., SHINE (Serving Health Information Needs Of Elders)

Tuesday, October 1st: 11:30 a.m., Birthday & Anniversaries Celebrated (By Reservation)

Tuesday, October 1st: 12:30 p.m., Movie (Plus FREE Refreshments)

Wednesday, October 2nd: 9:00 a.m., Podiatry With Dr. Dickert (By Appointment) (No Chapter II Golden Agers Meeting on Wednesday, October 2nd)

Friday, October 4th: 9:00 a.m., Free Diabetic Screening (Call First)

Friday, October 4th: 12:30 p.m., "Special 12:30 Program" - "Asset Protection" by Christopher T. Cloutier (A regular speaker for the Senior Class)

Friday, October 4th: 1:00 p.m., Duplicate Bridge (New Members Welcome)

Saturday, October 5th: 5:30 p.m., Bingo

Tuesday, October 8th: 12:30 p.m., Movie (Plus FREE Refreshments)

Wednesday, October 9th: 10:00 a.m., S.A.L.T. Council Meeting (No Chapter I Golden Agers Meeting on Wednesday, October 9th)

Thursday, October 10th: 9:00 a.m., Podiatry With Dr. Salem (By Appointment)

Friday, October 11th: 12:30 p.m., Special Program: Monitoring Independence In The Home" presented by Gina Blackie of Country Estates.

Friday, October 11th: 1:00 p.m., Duplicate Bridge

Saturday, October 12th: 5:30 p.m., Bingo

Monday, October 14th: Senior Center Closed. COLUMBUS DAY

Tuesday, October 15th: 9:00 a.m., SHINE Representative Available (By Appointment)

Tuesday, October 15th: 12:30 p.m., Movie (Plus FREE Refreshments)

Wednesday, October 16th: 1:30 p.m., Golden Agers Meeting, Chapter II

Thursday, October 17th: 9:00 a.m., Foot Care Nurses (By Appointment)

Friday, October 18th: 1:00 p.m., Duplicate Bridge

Saturday, October 19th: 5:30 p.m., Bingo

Tuesday, October 22nd: 10:00 a.m.-3:00 p.m., Annual Health Fair (Open To All Ages)

Wednesday, October 23rd: 1:30 p.m., Golden Agers Meeting, Chapter I

Friday, October 25th: 1:00 p.m., Duplicate Bridge

Saturday, October 26th: 5:30 p.m., Bingo

Monday, October 28th: 9:30 a.m., Welden Center Hearing Van (By Appointment)

Monday, October 28th: 1:00 p.m., Agawam Chapter AARP Monthly Meeting

Tuesday, October 29th: 12:30 p.m., Movie (Plus FREE Refreshments)

SPECIAL OCTOBER 12:30 PROGRAM

"ASSET PROTECTION SEMINAR"

On Friday, October 4th at 12:30 p.m. to 1:30 p.m., Mr. Christopher T. Cloutier, an estate, financial, and insurance consultant, will be primarily focusing on elder & estate planning. He is a regular speaker for the "Senior Class." He will touch bases on avoiding probate, reduce or eliminate estate taxes, and a variety of strategies to protect retirement savings from long-term illness.

MAINTAINING INDEPENDENCE

On Friday, October 11th at 12:30 p.m., Gina Blackie, R.N. from Country Estates of Agawam, will present a program on "Maintaining Independence In The Home."

Gina will also touch on the following subjects: Short-Term Rehabilitation; What Is Occupational, Physical, Speech & Respiratory Therapy?; Medical Conditions; Helpful Hints In Providing A Safe Home Environment; Adaptive Equipment Used In The Home.

All special 12:30 programs held at the Agawam Senior Center are free and open to the public. They are meant to keep our seniors informed and up-to-date on many issues confronting senior

citizens today.

Don't pass up the opportunity of taking advantage of this free service and information.

For further information, call Sandra Smith, Activities Director, at 786-0400, ext. 242.

CHRISTMAS MYSTERY TRIP!

On Thursday, December 19th, a Mystery Trip is planned. The cost is only \$20.50 per person. The bus leaves from the Senior Center at 11:00 a.m. and returns at approximately 6:00 or 7:00 p.m.

Dinner, transportation, and fun are all included in the price. Payment must accompany your reservations.

Reservations have opened and are filling fast. For further information, call 786-0400, ext. 242, Activities Department.

NEW ACTIVITY ... FRIDAY MORNINGS

SCRABBLE ANYONE?

The Senior Center is open to initiating scrabble games on a mostly informal, non-competitive basis (to begin with) in the Activity Room, Friday

mornings from 9:00-11:00 a.m., if enough participants would be interested.

It's an excellent exercise for your wits. Beginners are welcome.

Get your name and phone number on the list if you'd like to play, or learn, this fun and fascinating game. Call the Agawam Senior Center, 786-0400, ext. 242, Sandra Smith, Activities Director.

BIRTHDAYS & ANNIVERSARIES CELEBRATED!

What a great party day September 10th was at the Senior Center, when the highlight was an incredible salute to Mr. & Mrs. Willis Parady who celebrated their 72nd Wedding Anniversary, Mrs. Parady's Birthday, and Mabel Miller's 92nd Birthday.

They're not ready for "No Rocking Chair" as the saying goes. The rest of the distinguished guests were Sally Lapiere, Fern Senecal, Eleanor Geiger, Lilya Fisher, Shirley Mosher, and Joe DePalo.

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West Spfld./Agawam Emblem Club To Hold Penny Social In Oct.

The West Springfield/Agawam Emblem Club No. 526 will be holding a Penny Social on Thursday, October 3rd, at 7:00 p.m. at the Elks Club, 428 Morgan Road, West Springfield.

Come and join the Club for a night of fun. Doors will open at 6:30 p.m., so come early and browse.

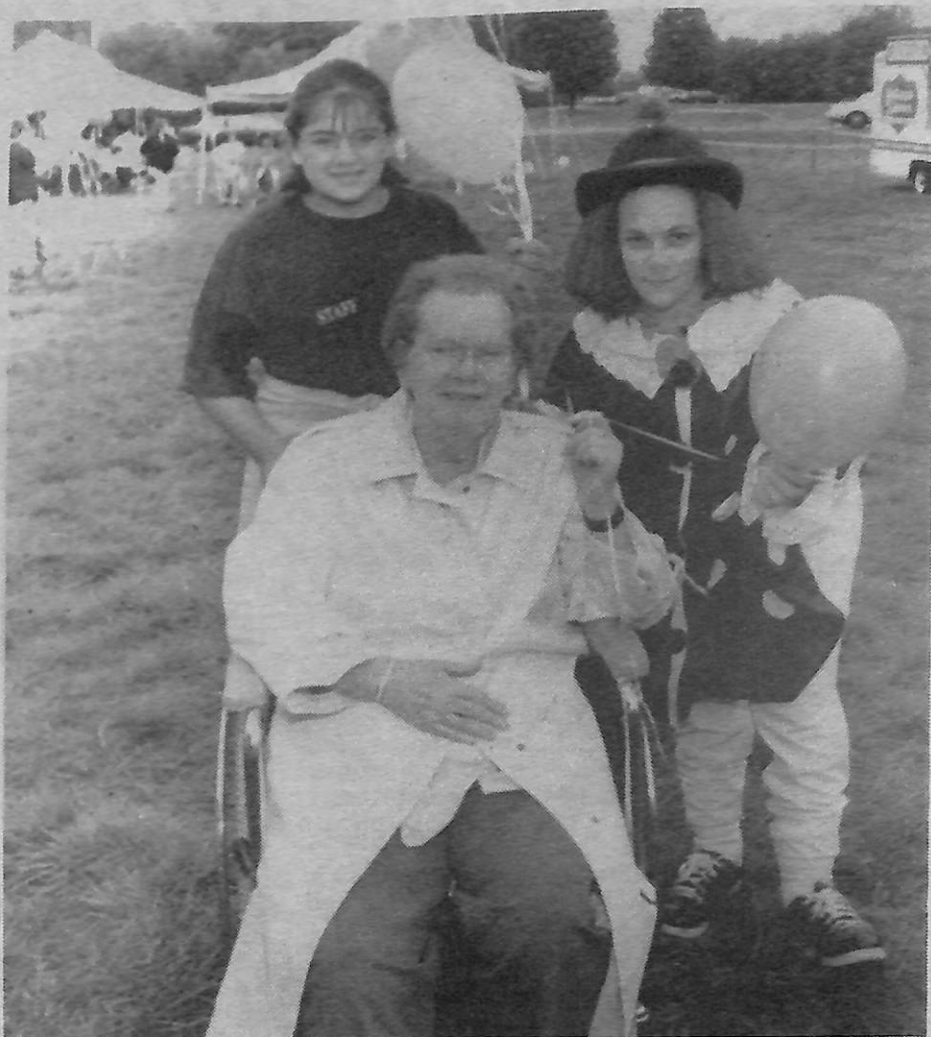
Come and check out our new format. Hope to see you there!

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ADVERTISER NEWS

Annual Harvest Days At Heritage Hall



PIONEER VALLEY CUB SCOUTS had a booth at the Annual Harvest Day at Heritage Hall Nursing Home. Pictured, from left -Meghan Little, Colby Cannizzaro, Nancy Hallbauer (Cub Scout Pack 75), and Nathan Little. IN PHOTO BELOW - Agawam High Band Parents Don Berthiaume and Karen Berthiaume were selling clothing with the AHS logo. Advertiser News photos by Jack Devine.



HELPING HERITAGE HALL RESIDENT Priscilla Pelletier at the Annual Harvest Day festival are Nichole Circosta-Aspinall, and "Cookie the Clown." Advertiser News photo by Jack Devine.



F.W. Maroni Joins U.S. Army Under Delayed Enlistment

F.W. Maroni III has joined the United States Army under the Delayed Enlistment Program at the U.S. Army Recruiting Station, Springfield, MA. The Delayed Enlistment Program gives young men or women the opportunity to delay enlistment into the Army for up to one year before reporting to basic military training.

The enlistment gives the new soldier the option to learn a new skill, travel and become eligible to receive as much as \$30,000 toward a college education. After completion of basic training, soldiers receive advanced individual training in their career specialty.

Maroni, a senior at Agawam High School, will report to Fort Sill, Lawton, Oklahoma, for military basic training on June 27, 1997.

He is the son of F. William and stepson of Janice Maroni of 46 Brookside Drive, Feeding Hills.

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* Offer applies to snowthrowers financed on Toro's Revolving Charge Plan from September 19, 1996 to December 31, 1996. Subject to credit approval. The annual Percentage Rate ("APR") may vary from month to month. As of May 1, 1996, the current APR is 21.9% (corresponding monthly periodic rate is 1.83%) with a \$.50 minimum monthly finance charge. No minimum monthly payment is required until April 1, 1997. No finance charges will be accrued on these purchases until April 1, 1997.

Agawam Armyman Completes Grueling, 4-Day, 100-Mile Trek In Holland

The saying goes, "Don't judge a man until you've walked a mile in his shoes." For the son of an Agawam resident, judgment doesn't come for a hundred miles. That was the grueling path for Army Spec. Christopher L. DuBois as he completed a 100-mile, four-day trek known as the International Four Days March, in Nijmegen, Holland.

DuBois, son of Margaret Fusco of 86 Dogwood Lane, Agawam, walked over 25 miles a day during the four-day event carrying a 25-pound rucksack, along with 350 other U.S. Army soldiers and thousands of other marchers from throughout the world.

"Even through all the training, it was still a hard thing to accomplish. The fact that none of the members of the team had ever done anything like this, and then go out and be able to say 'I did 100 miles,' is great. It gives us a sense of accomplishment," DuBois said.

DuBois is an infantry rifleman with the Allied Mobile Forces in Mannheim, Germany.

According to DuBois, the marchers followed a different route each day through the countryside and neighboring villages, occasionally spotting a windmill or flock of sheep. Along each day's route were three aid stations, manned by medics, where teams stopped to take breaks, eat lunch, and treat any foot injuries.

The long march produced such common injuries as stress fractures, twisted ankles, fatigue, and severe blistering which took out a few marchers. Many others simply ignored the pain and focused on each step that lay ahead.

"The motivation to complete the march came

mostly from the cheering crowds and from the sense of camaraderie the team felt. We all became friends because of this and we turned it into a lot of fun," DuBois said.

The routes were lined with bystanders who cheered as the soldiers and other participants, which swelled to as many as 40,000, marched by. With boom boxes blasting or local bands playing, onlookers would offer the marchers fruit, water, mints, or just a place to sit and rest. Many of the local children ran alongside the soldiers asking for autographs or giving them "high-fives."

DuBois and his team's decision to march wasn't a spur of the moment decision. All of the military participants were screened and many vied for positions on their unit's team.

"We started training for the Nijmegen event three months prior and used a slightly heavier weight than the real march called for. A lot of socks, foot powder, and insoles went into the trash preparing for the actual march," DuBois said.

But even with the training, the march remains a challenge to all who attempt to complete it. Although it isn't a competition, all who cross the finish line on the fourth day are winners. This year, DuBois and his team will return home as victors with a Nijmegen medal to bring home along with the feeling of self-satisfaction and accomplishment.

DuBois, like many, will return to his unit with the idea of maybe returning next year or giving someone else an opportunity to walk in his shoes.



ARMY SPEC. CHRISTOPHER L. DUBOIS takes off his pack after a grueling morning's march in Holland. He is the son of Margaret Fusco of Agawam.

"Friends" Of Senior Ctr. Seeking Nominees For Friendship Award

The Friends of the Agawam Senior Center is seeking nominations for its annual Friendship Award. The award honors an outstanding individual who best exemplifies the spirit of volunteerism on behalf of Agawam's seniors.

If you know of someone who has helped to benefit the lives of our senior citizens and the Senior Center, please consider submitting his/her name in nomination for the Friendship Award.

The recipient must be an Agawam resident and at least 60 years of age. Married couples will be considered.

Applications will be mailed upon request or may be picked up at the Agawam Senior Center from Sandra Smith. Closing date for nominations is October 1, 1996.

Polish American Club Women Accepting Applications For Annual Crafts Fair

Applications are now being accepted for the 14th Annual Craft Fair on November 9th at the Polish American Club of Agawam, 139 Southwick Street, Feeding Hills, from 10:00 a.m. to 4:00 p.m.,

sponsored by the Women's Auxiliary.

For an application or more information, call Mary, 786-4057, or Beverly, 786-5045.

Cub Pack 75 To Hold Bottle Drive In Oct.

Cub Pack 75 of Sacred Heart Church is going to hold a bottle drive from October 26th-29th. We would appreciate it very much if members of the community would save their soda cans and recyclable soda bottles for us. We are trying to raise money for the pack.

We will be at Dave's Soda & Pet City all day on October 26th to collect these items. Also, we will be at Sacred Heart Parish Center every Wednesday night, starting September 11th, from 6:30 to 8:00 p.m.

If you need them picked up, just call 786-2309. If there is no answer, leave message and your telephone number; we will get back to you.

Thank you in advance for your cooperation.

Jeremy J. Miner Joins U.S. Army Thru Delayed Enlistment

Jeremy J. Miner has joined the United States Army under the Delayed Enlistment Program at the U.S. Army Recruiting Station, Springfield, MA.

The Delayed Enlistment Program gives young men or women the opportunity to delay enlistment into the Army for up to one year before reporting to basic military training.

The enlistment gives the new soldier the option to learn a new skill, travel and become eligible to receive as much as \$30,000 toward a college education. After completion of basic training, soldiers receive advanced individual training in their career specialty.

Miner, a senior at Agawam High School, will report to Fort Sill, Lawton, Oklahoma, for military basic training on June 27, 1997.

He is the son of Janice M. Miner of 51 Hope Farms Drive, Feeding Hills, and Martin P. Miner of 173 Bay Street, Springfield.

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ROBERT & FRANCES KEEFE

Robert & Frances Keefe Celebrate 50th Wedding Anniversary

Robert and Frances Keefe of 25 Wyman Street, Agawam, celebrated their 50th wedding anniversary on September 2nd. They were honored with a surprise party on June 30th that was given by their daughters, Debra J. Pastuszak of Ft. Mill, So. Carolina, and Karen C. Keefe of Agawam.

Mr. & Mrs. Keefe have retired from their floral business, Keefe Florist, which they co-owned and operated for 40 years.

They renewed their wedding vows before the Rev. Bishop Thomas Dupre in an anniversary celebration for over 500 people at Our Lady of Hope Church, where their original ceremony took place.

Mrs. Keefe is the former Frances M. Murphy of Springfield.

John Timms Is Honored With A Retirement Party

John Timms of Feeding Hills was surprised by a retirement party last Saturday night, September 21st, at the Harley Hotel. Family, friends, and co-workers attended.

John worked for Food Mart for 39 years as a produce manager and supervisor.

Also, on the occasion of the 40th wedding anniversary of John and his wife, Judy, their children, Eric Timms and Brenda Misiorski, gave them a cruise.

Parents' Group At Work Opportunity Ctr. Reschedules Tag Sale

The annual tag sale sponsored by the Parents' Group of the Work Opportunity Center has been rescheduled to Saturday, October 5th, from 9:00 a.m. to 4:00 p.m., next to Starzic's Pride Service Station, 1672 Memorial Avenue, West Springfield. The rain date is Sunday, October 6th.

Agawam Lioness Club Now Have Available Historic Coverlets

If you look around town, you'll see the Agawam Lioness coverlets on display. There's one at the Town Hall, the High School, and Westfield Savings Bank.

For a donation of \$45, you could own one of these beautiful historic reminders of Agawam. If you wish to order one for Christmas, your order must be in by October 20th, so don't delay - order today!

Applications are at each location the coverlet is being shown or call 789-0153 to place your order.

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news!*

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786-2211

786-2211

**360 Springfield Street
Agawam**



SINGER/SONGWRITER Timothy Mark will be at the Agawam Church of the Bible on Sunday, September 29th.

Agawam Church Of Bible To Host Live Concert Sept. 29th

Agawam Church of the Bible will host singer/songwriter Timothy Mark for a concert on Sunday, September 29th, at 10:00 a.m. The concert will feature several selections from his latest release, "The Missing Part."

His music, a combination of contemporary pop and inspiring piano arrangements, has been enthusiastically received in churches all over the Eastern United States. You are warmly welcome to this free concert.

Agawam Church of the Bible meets each Sunday morning at the Agawam Junior High School. Please note that a nursery and exciting classes for children are available each Sunday.

For more information, please call the church at 789-2904.



Berthiaume Chiropractic

Did You Know??

Chiropractic Care Is A Conservative And Highly Effective Treatment For:

- Headaches
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- Low Back Pain

*During The Month Of October, Dr. Berthiaume Is Offering A Series Of **FREE** Workshops To Demonstrate And Explain The Mechanism And Prevention Of These Conditions.*

**October 3rd — Low Back Pain
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Workshops Are From 7:00 To 8:00 P.M. And Reservations Are Required Due To Limited Seating.

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786-BACK

JOIN DURING OUR "BACK TO FITNESS" DAYS!

1/2 Price Offer!



Are you one of millions of people who took the summer off from exercise? Just as it's time for the kids to go back to school, it's time for you to get back into shape.

Start exercising the right way with a free trial membership at Fitness First!



The Surgeon General has determined that lack of physical activity is detrimental to your health...

Save 50% on enrollment!

***Ask for your FREE trial membership TODAY by calling 786-1460!**



HEY BOYS & GIRLS! JOIN THE NEW JUNIOR SPORT & FITNESS CLUB

According to the latest Surgeon General's Report on Exercise, nearly half of our young people do not get regular exercise. How about you? What can you do to increase your energy, get sick less often and maintain a healthy weight?

FITNESS FIRST HAS THE ANSWER.

Fitness First is pleased to announce a fun new supervised fitness program for children and teens ages 8-15 years old, called the J.S.F. Club or the ...

JUNIOR SPORT & FITNESS CLUB!

WHAT'S OFFERED:

Indoor activities such as biking, swimming, basketball, racquetball, weight training, aerobics and many other fun fall activities! All juniors will learn the basics of these sports as well as how to use fitness equipment. Appropriate age groups will be divided.

WHEN IS IT:

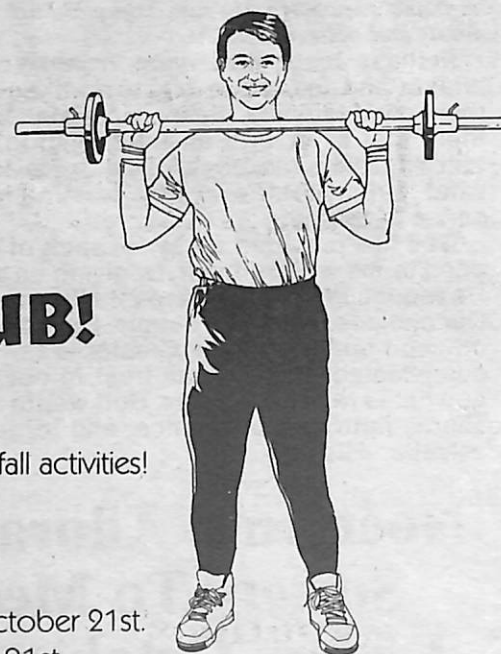
2:45 - 3:45 - Middle School & Jr. High on Mondays, Wednesdays & Fridays for 8 weeks beginning Monday, October 21st.
3:45 - 4:45 - Elementary School on Mondays, Wednesdays & Fridays for 8 weeks beginning Monday, October 21st.

HOW MUCH IS IT:

Only \$45 for 8 weeks or just \$3 daily!

YAH, BUT IS IT COOL?

Hey, it's cool! No matter how "fit" or "unfit" you are! *Exercise is fun!*



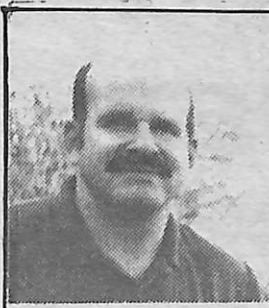
THIS IS YOUR NEW CLUB!

Call Fitness First today at 786-1460 to sign up! Deadline for sign ups is Monday, October 14th.



60 North Westfield Street
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Church News



Reflections...

submitted by
Rev. Peter Monahan
Pastor of the Church
of the Apostles,
Suffield, CT
(860) 668-4444 or
(413) 786-8735

One of the many attractions at the Big "E" this year is a couple of magicians. These magicians are particularly talented. They can perform magic tricks which truly baffle the crowds.

The audience knows they cannot possibly be doing what they appear to be doing, yet they are. As the show goes on, the audience pays closer attention, trying to see through the tricks and see what is really happening.

Try as they will, the audience never does figure it out. The tricks these magicians perform show us the great talents of the performers. They also expose the fact that we can sometimes be fooled by our own senses.

The Bible warns us not to trust only in our own sense of things. We are admonished to "work out your own salvation with fear and trembling." In the original language, it says, "with fear and trembling of (or perhaps, about) yourselves, the salvation work out." The verse is translated in the Amplified Bible this way: "work out (cultivate, carry out the goal, and fully complete) your own salvation with reverence and awe and trembling (self-distrust, with serious caution, tenderness of conscience, watchfulness against temptation, timidly shrinking from whatever might offend God and discredit the name of Christ). We can see from all this that the Bible is very adamantly warning us of the perils of trusting our senses too much. As in the case of the magician, sometimes we can be fooled by our senses.

For example, it is possible to believe one is a spiritual person on good terms with the Creator of the universe, and that not be the case at all. Jesus once told a parable to the chief priests and the leaders of the people in the temple, a story about a man with two sons. He had told them both to go out to the fields to work. The first son answered, "I will not go," but later, he changed his mind and went. The second son said, "I'll go," but he did not actually do it. Jesus then asked them, "which son did the will of his father?" The answer was obvious. "The first," they said. Jesus then said to them: "Truly I tell you, the tax collectors and prostitutes are going into the kingdom of God ahead of you. For John came to you in the way of righteousness and you did not believe him, but the tax collectors and the prostitutes believed him; and even after you saw it, you did not change your minds and believe him."

Perhaps Jesus was trying to shake up the chief priests and leaders a bit, to awaken them from their complacency. Jesus unmistakably warned them that even with all their religion, they were still "missing the boat." They were trying to do what is right their own way, trusting in their own sense of things.

God has provided a way for each of us to be on good terms with Himself, by giving us a Savior. All He requires of us is to accept Him, on His terms. Our choices are rather simple. Being spiritual and on good terms with our Creator is not difficult or complicated. Rather than trust in our own sense of what is right spiritually, God wants us to act in simple faith and obedience, and to embrace our salvation His way.

Nocturnal Adoration Society To Meet Friday, October 4th

The Nocturnal Adoration Society of Agawam and West Springfield will meet at Saint Thomas Church in West Springfield to conduct and pray the Office of the Blessed Sacrament on Friday, October 4th, from 7:00 to 11:00 p.m.

All are invited to come and spend an hour in Eucharistic Adoration.

All-Parish Tag Sale At Good Shepherd

The Church of the Good Shepherd on Elm Street in West Springfield will hold an All-Parish Tag Sale on Saturday, October 5th from 9:00 a.m. to 3:00 p.m.

This is a rain or shine event to be held in the parish hall. There will also be a Snack Bar, a Bake Sale, and a Plant Sale.

Expect to find plenty of quality items at bargain prices, including clothes, toys, household items, and much more.

Religious Education Classes To Begin At Sacred Heart Church

RELIGIOUS EDUCATION:

LATE REGISTRATION will be held on Wednesday evenings from 6:00 to 8:00 p.m. in the parish center.

We are still in need of teachers for grades 4 through 11.

There will be a meeting for the Confirmation Student and a parent on Monday, September 30th, at 6:30 p.m. in the Church.

Religious Education and "I Am Special" Classes will begin on the weekend of September 28th and 29th. Classes are as follows:

Saturdays

Grades 1, 2, & 3: Last Names A-K, 8:30 to 9:30 a.m.

Grades 1, 2, & 3: Last Names L-Z, 9:45 to 10:45 a.m.

Grades 4 & 5: A-Z, 11:00 a.m. to 12:00 noon.

Sundays

"I Am Special" Classes: 9:00 a.m. Mass.

Grades 6 & 7: A-Z, 10:00 to 10:50 a.m.

Grades 8 & 9: A-Z, 11:50 a.m. to 12:40 p.m.

JUNIOR CHOIR:

The Junior Choir rehearsals are held on Tuesdays from 4:30 to 5:30 p.m. in the Church. Boys and girls in grades 2 through 8 are invited to join. This group sings twice a month on Sundays at the 9:00 a.m. Liturgies, and for special children's Liturgies.

Parents, please encourage your children to join; this is a wonderful way for the children to participate in our weekend Liturgies.

SENIOR CHOIR:

Choir rehearsals for the Senior Choir are held

on Wednesday evenings at 7:30 p.m. in the Church. The Senior Choir will sing the second and the fourth weekends of each month, alternating between the 4:00 p.m. and the 11:00 a.m. Masses.

Men and women interested in singing with the choir are invited to join. The only requirement is that a person can sing on pitch. There are no auditions — just come and sing.

ALTAR SERVERS MEETING:

Boys and girls in grades 4 and up are invited to become Altar Servers. There will be a meeting for all Altar Servers on Saturday, September 28th, at 1:00 p.m. in the Church.

MASS BOOK:

The Mass book will be available for Masses during 1997.

Between Monday, October 7th, and Tuesday, October 8th, you may come into the rectory between 5:00 and 8:00 p.m. and arrange one (1) Mass per family. After October 31st, an additional two (2) Masses may be arranged.

YOUTH GROUP INFORMATION:

The youth group holds a monthly meeting on the first Sunday of the month in the Parish Center, and usually plans one activity for the month.

If you are currently in grades 5 or older, please join us at our meetings or activities. For activities, please call Beth at 786-0158 or Alma at 786-9835.

MARK YOUR CALENDARS:

Friday, September 27th: Movie - "First Kid." (RSVP by September 26th at 6:00 p.m.)

Sunday, October 6th: Youth Group Meeting - 6:30 to 8:00 p.m. at the Parish Center.

Catholic Parishes Of Agawam Hosting Info Meeting On Becoming A Catholic

Would you like to know more about becoming a member of the Catholic Church? The Catholic Parishes of Agawam invite you to an information night on Sunday, September 29th, beginning at 7:00 p.m. at St. John's Parish Center, Main Street, Agawam.

Discover what the Catholic Church is all about; and, if you are interested, find out how to become actively involved in our faith community.

We welcome anyone who would like to know more about the Catholic faith to this process of prayer, study, and sharing.

Fall Specials! Great Savings On Everything!

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100% cotton
VARIETY OF SIZES & COLORS
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LADIES SWEATERS CREW NECK & CARDIGANS
VARIETY OF COLORS & SIZES
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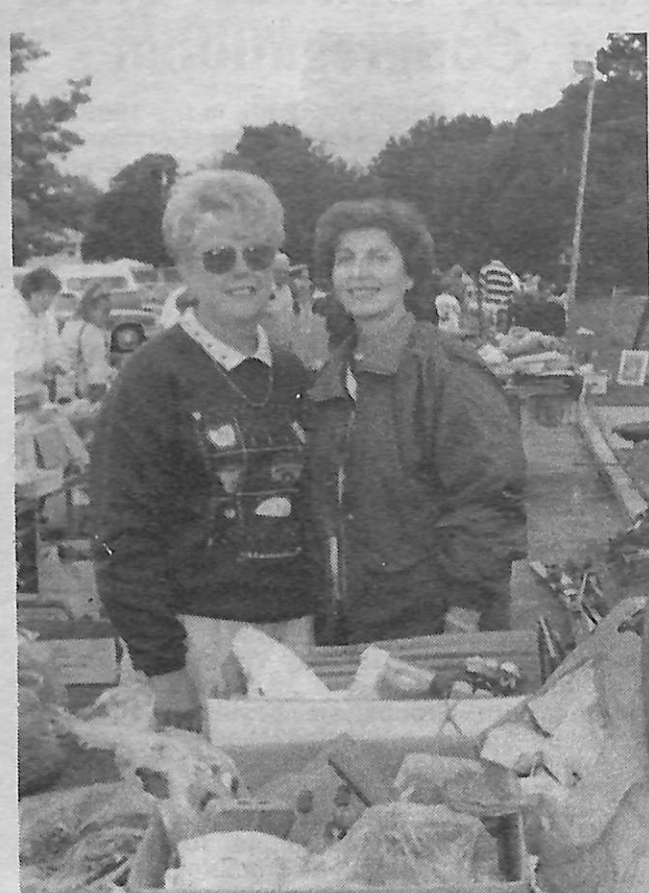
US FACTORY U-SAVE OUTLETS

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NEW HOURS: Monday - Saturday, 9:30 am - 8 pm, Sun. 12 am - 6pm
1 hour FREE PARKING with a \$25.00 purchase or more

Church News - continued...

Annual Tag Sale Held In Sacred Heart Parking Lot



PARTICIPATING IN THE ANNUAL TAG SALE in the Sacred Heart Church parking lot were, from left - Doreen Gildersleeve, Nancy Liberti, Betsy Ciempa, and Eleanor Balboni. Advertiser News photos by Jack Devine.



SUPERVISING the sale of refreshments in the Sacred Heart Parish Center during the Annual Tag Sale on September 14th were Carla Chase, Theresa Barlow, Nancy Doucette, and Carol Pignatare. Advertiser News photo by Jack Devine.

Immaculate Church To Sponsor Annual Holiday Bazaar

On Saturday, October 19th, West Springfield's Immaculate Conception Church will sponsor its Holiday Bazaar in the St. John's School hall at 475 Main Street from 10:00 a.m. to 6:00 p.m.

Unlike previous years, this bazaar has been planned for crafters and craft lovers; so, all craft-people are invited to call 739-2966 to reserve a large space at only \$20.

Please note that this new format, "Handmade and Homemade," is early enough for Halloween, Thanksgiving, and Christmas gifts and decorations of all kinds. Browsers and shoppers will have a great day, and there will be luncheon, raffles, a Chinese auction, and other fun surprises in keeping with the three holidays.

Best local news...

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our
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ALL NEW

New Breakfast Hour

Daily - 6:00 A.M. To 12:00 Noon
Saturday & Sunday - 6:00 A.M. To 1:00 P.M.

New Cooks

Best Home Fries Around

New Special

Daily Special

3 Eggs, Home Fries, Toast, & Coffee
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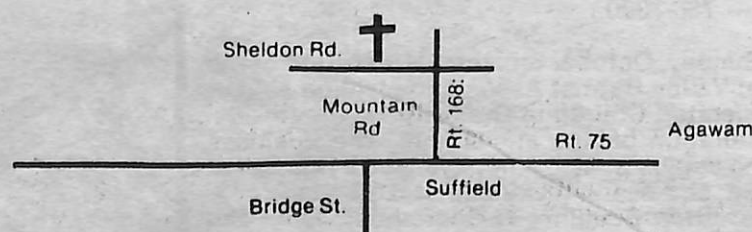
Olde Towne Bagel

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Agawam Center



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- 10:00 A.M. Sunday Morning Worship Services At The VFW Hall, Located At 972 Sheldon Road (Off Mountain Road - Rt. 168) In Suffield, Connecticut
- One Of The Fastest Growing Protestant Denominations
- For Further Information, Please Call Reverend Peter Monahan, Pastor, At (860) 668-4444 Or (413) 786-8735.



Church News - continued...**Weekly Calendar From Ag. Congregational**

This Sunday, September 29th, is the 18th Sunday after Pentecost. The Worship Service is at 10:30 a.m. at Agawam Congregational Church, 745 Main Street, Agawam.

Rev. Fuller's Sermon will be: "Great Minds Think Alike" taken from the Text: Phil 2:1-13. The Children's Message will be: "What Do You Think With?"

THE CHURCH SCHOOL enrollment is still underway for grades preschool through 12th grade.

The 7th through 12th grade meet at 9:15 a.m., and the three and four year-olds through sixth grade meet at 10:30 a.m. New this year, will be the three and four year-olds through third grade meeting in church with their teachers, parents/guardians to remain for the Children's Message.

Infants to two year-olds are welcome in the Nursery. The fourth through sixth grade will go directly downstairs to their Worship Center at 10:30 a.m.

The Youth Groups are beginning their fall schedule. Are you interested? We have four Youth Groups for all ages.

3*2*1*KONTACT for Kindergarten through third grade under the advisement of Laura Paul and Lisa Ruddock; 456 Club for fourth through sixth grade, led by Charlene Trombley; Jr. High for seventh and eighth graders with advisors Diane Jerserski and Andy Pedersen; Sr. High for all high school students under the direction of Diane and Stu Kibbe.

The 3*2*1*KONTACT will meet mostly the third Wednesday of the month. The 456 Club and Jr. High Youth Group meet every Friday night, 7:00 to 9:00 p.m. The Sr. High will meet the first Sunday of the month from 7:00 to 9:00 p.m.

Any questions? Call the church office, 786-7111.

The playgroups have begun. The groups meet on Wednesdays and Thursdays from 10:00 to 11:30 a.m.; newborns to kindergarten age are welcome to attend.

For more information concerning this group, contact the church office, 786-7111.

Country Line Dancing will begin on Friday, October 11th. Kick up your heels from 7:00 to 9:00 p.m.!

The six-week program is beginner friendly. Keep Friday nights open to join "Millie and the Gang."

Cost is \$25 pre-paid for six weeks, or \$5 each week at the door.

A chicken & biscuit dinner will be held on Saturday, October 19th, serving continuously from 5:30 until 7:00 p.m. The cost is \$7 for adults, and \$4 for children.

Mark your calendars today! For reservations, call the church office, 786-7111.

This Week At First Baptist Church

Pastor Richard Barnes will preach on "Freedom to Believe" at the 9:30 a.m. worship service this Sunday at First Baptist Church. He will use 1 Timothy 2:8-15 as his scriptural text for the message.

Children's church will begin at 10:00 a.m., and classes for all ages will follow worship.

Coffee and conversation will be held in Davis Hall. Nursery care is available all morning.

At 2:00 p.m., the Over 60 Bell Choir will present a program of music at Country Estates on Suffield Street.

On our calendar this week:

Tuesday, October 1st: 1:15 p.m., EZ Does It Aerobics Class; 7:00 p.m., Junior Youth Group; 7:30 p.m., Church Committee Meets.

Wednesday, October 2nd: 7:15 a.m., Mid-Week Prayer Time; 10:00 a.m. to 6:00 p.m., Trading Post Open.

Thursday, October 3rd: 10:00 a.m., Bell Choir Rehearsal; 1:15 p.m., EZ Does It Aerobics Class; 7:30 p.m., Choir Rehearsal.

Friday, October 4th: 7:00 p.m., Senior Youth Group.

Saturday, October 5th: 4:45 p.m. and 6:15 p.m., Fall Smorgasbord. (For reservations, call church office — 786-7300.)

On Sunday, October 6th, the Fall meeting of the Pioneer Valley Baptist Association will be held at the Federated Church in Granville.

Registration begins at 4:00 p.m. The business meeting begins at 4:30 p.m., followed by dinner at 5:30 p.m. and evening worship at 6:30 p.m.

Reservation deadline is September 30th. Call (413) 357-8583.

Weekly Message For Agawam United Methodist...**The Church Is Carrier Of Good News**

by Reverend Reuben Telemaque
Pastor

The church is a carrier or proclaimer of good news. As such, its place and purpose in the world is unique. Usually news as reported frightens and disturbs our peace.

What do we hear? There are murders, robberies, rapes, injustices, oppression in various forms, intimidation, suicides, revenge, adverse racial discrimination, mistrust, harassment, and other creators of restlessness among the human family.

The message of the church is one designed to create peace and good will through its proclamation of salvation in Jesus Christ. Another way of talking about salvation is to refer to freedom in Christ.

The word "freedom" always connotes a sense of inner liberty and happiness. A person acquitted on a charge of wrongdoing and therefore set free, reflects with no uncertainty a boundless feeling of satisfaction and delight that we call joy.

The freedom that the Gospels proclaim is not merely a statement that one has not done wrong according to the evidence, but that in spite of the evidence one is set free on the grounds that he or she will not commit the wrong again. That is called forgiveness.

A forgiven person has, therefore, nothing to boast about except that through the spirit of love, someone has been gracious enough to offer the opportunity to make a new beginning.

That leads me to question the very popular use of the stately expression "freedom of speech."

What we understand is that all freedom is limited freedom.

Freedom by itself is a relative term that only has absolute significance when exercised within the context of the highest ideals of human conduct.

That means that truly, there is no freedom of speech for those who will use their speech in slanderous ways. They should be held accountable.

There is no freedom of speech for those whose only way to communicate is through the most indecent language. There is no freedom of speech for those who tell lies in order to defame others.

But there is freedom for those whose way of life reflects what is high and lofty in human behavior and conduct; who, as Christians hold, are redeemed and forgiven by Christ, who live in harmony with God's word, and who constantly seek to do God's will by loving one another and by doing no one harm.

That truly is good news!

Join us at worship on Sunday, September 29th, at 9:30 a.m. at Agawam United Methodist Church.

Within that hour, there will be a children's message and Sunday School. Nursery care will be provided.

Join us for refreshment and fellowship in the Fellowship Hall.

Harvest Smorgasbord On Oct. 5th At Agawam Baptist Church

A harvest smorgasbord will be held at Agawam Baptist Church, corner of Main and Elm Streets, on Saturday, October 5th.

Servings will be at 4:45 and 6:15 p.m. The cost is \$7 for adults, and \$3 for children (under 10 years of age).

The menu will consist of a fruit cup, baked beans, baked ham, turkey, Swedish meatballs, American chop suey, harvest beets, green bean

casserole, sauerkraut, scalloped potato, cranberry salad, cole slaw, relish tray, rolls, homemade pies, and beverage (coffee, tea, or milk).

Reservations may be made by calling one of the following: Martha, 786-0337; Lois, 786-7045; or Norma, 786-8209.

(If you make reservations and find you are unable to come, please call and cancel!)

Our deadline is every Tuesday at noontime.

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Church News - continued...

Operation Friendship Slates Roast Beef Dinner On October 5th

Operation Friendship of America, a non-profit, youth cultural exchange program sponsored by the Feeding Hills Congregational Church, is having a Roast Beef Dinner on October 5, 1996.

Servings are from 5:00 to 6:30 p.m. Adults are \$7.25, children under 12 are \$4, and children under five are free.

For reservations, call 786-7898 or 789-2410. Walk-ins are welcomed.

St. John's Church To Celebrate 50th Anniversary Oct. 6th

The parish celebration of the 50th anniversary of St. John the Evangelist Church will be held on Sunday, October 6, 1996 at Chez Josef. The banquet will be served at 5:00 p.m., with a social hour at 4:00 p.m.

Bishop Thomas Dupree will be there with priests and sisters who have been assigned at St. John's over the span of the 50 years.

There will be a D.J. for dancing after the dinner.

JACK DEVINE needs at least 48 hours notice to cover your event. Call Jack at 789-0053.

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News & Weekly Notes From Feeding Hills Congregational Church

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills.

Sunday School for adults and young people begins at 9:00 a.m. Worship begins at 10:00 a.m.

Rev. Donaldson's sermon this week is entitled "The Meaning of the Name 'Christian.'" Nursery care will be provided for the very young.

The Board of Christian Education is planning a trip to the Heifer Project Regional Office in Rutland, MA. Mark your calendar on Saturday, October 5th, so you can join the herd!

Pumpkins and hayrides are among some of the plans of the day.

Stop by and enjoy dinner with us at the Big E! We will be serving meals at the church on the green at Storowton Village each day from 11:00 a.m. to 7:30 p.m.

Included on the menu are roast beef, chicken pie, meat loaf, breast of chicken, and ham dinners. Vegetables, rolls, and beverages are included with each meal.

Sunday, September 29th, is the last day to take advantage of someone else doing the cooking and the dishes, so hurry down before you miss it!

Gifts to the Neighbors in Need offering help make sure that God's love reaches people on the

margins of society. This includes even those in prison.

A program using trained volunteers helps to improve self-esteem by developing effective communication skills for those serving jail time. This church will take a collection for Neighbors in Need on Sunday, October 6th, during morning worship at 10:00 a.m.

Also on October 6th, please plan to remain a few moments after worship to assist in an Offering of Letters. Bread for the World is an organization which supports ending hunger for children worldwide.

Paper and suggested form letters will be supplied for members of this congregation to write letters encouraging their Representatives in Congress to support this effort. Please bring your own postage if you can.

On the calendar this week:

Sunday, September 29th: 9:00 a.m., Sunday School; 10:00 a.m., Morning Worship; 2:00 p.m., Cub Scouts; 5:30 p.m., Crossroads; 7:00 p.m., Confirmation Class; Big E ends.

Tuesday, October 1st: 7:00 p.m., A.A.

Wednesday, October 2nd: 7:00 p.m., Choir.

Friday, October 4th: 7:00 p.m., Radio Club.

Saturday, October 5th: CE trip to Overlook Farm; 5:00 p.m., OF Roast Beef supper.

Check our classified pages!



A Rare Treat For Seniors, Their Family & Friends!

Join Us For A Prime Rib Buffet.

DATE: Sunday, September 29, 1996

TIME: 11:00 a.m. - 3:30 p.m.

PLACE: Quail Run Estates Retirement Residence

COST: \$5.00 per person, all-you-can-eat.

We invite you, your friends and family to join us for a rare treat. Superbly prepared prime rib and a close-up look at Quail Run Estates Retirement Residence.

Enjoy stimulating conversation, live entertainment, delectable prime rib and a complete buffet in our beautiful dining room.

Call (413) 786-9688 today for more information. We look forward to serving you!



Quail Run Estates

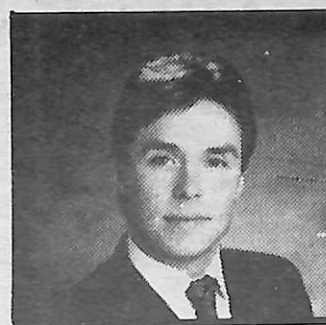
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For Your Health



Your Back And Your Health

by Dr. Joseph
S. Schlaffer
Schlaffer
Chiropractic Offices
192 Shoemaker Lane
Agawam

How To Achieve Health In The Computer Workplace

This will conclude my discussion of repetitive strain injury (RSI), sometimes known as Cumulative Trauma Disorder (CTD). The diagnosis is common to computer users and occurs when a particular body part is subjected to repeated poor posture and incorrect motion.

A more appropriate diagnosis might include the term *static exertion disorder*, or *sustained contraction disorder*. The terms refer to muscles that are held in a shortened position for prolonged periods of time.

The eventual appearance of *myofascial trigger points* (TPs), or irritable spots (usually within a taut band of skeletal muscle), are painful to the touch. You may have TPs in your neck, upper, and lower back.

The postural muscles of the neck, shoulder, and pelvic girdle may be mechanically stressed by furniture that doesn't fit the body, poor posture, sitting without arm supports, holding the forearms up to reach the keyboard, and cocking your head to see your monitor or display terminal. These are examples of static exertion of

muscles and complaints might include eyestrain, headaches, low back pain, shoulder pain, and neck pain.

The solution: a **Visual Display Terminal** (monitor) **caddy** should be obtained. It should be adjustable vertically, front to back, and tilted. You should have a **movable keyboard tray** that can be adjusted up, down, and side-to-side with a padded or rounded front edge.

Use an **adjustable chair** that can be easily adjusted while seated for height, inclination, and seat pan position. This chair should also have an adjustable armrest that can be removed.

Evaluate your worksite for proper computing posture:

1. The neck should have a natural cervical curve with the head and eyes focused straight ahead.
2. The shoulders should be relaxed.
3. The lower back should be supported.
4. The ankles, knees, hips, and elbows should be at a 90-degree angle or slightly greater and the wrists straight.
5. There should be as few muscles as possible in sustained contraction.

Obtain two **copy holders**. They should be at the same level as the top of your screen. Alternate the pages of copy. This will keep your neck muscles from being in a static condition to one side.

If you use a **mouse**, slide the mouse so that it is in alignment with the front of the shoulder, thereby lessening tension in the upper shoulder muscles.

Remember, it's a healthful computer workplace that considers the total environment, not just computer design or a single piece of furniture.

If you suffer with RSI or CTD, our office at **192 Shoemaker Lane, Agawam**, may provide relief. Call **789-1369**.

Pediatrician Peter Blier Joins Staff Of Agawam Medical West Associates

Dr. Peter Blier has recently joined the staff of Agawam Medical West Associates (AMWA), officials at the health center announced on Monday, September 23rd.

Dr. Blier comes to AMWA after four years as a principal scientist for Boehringer Ingelheim Pharmaceuticals' Department of Immunological Diseases in Ridgefield, CT. He serves as a clinical instructor in the department of pediatrics at the Yale University School of Medicine.

Dr. Blier earned his medical degree from the Yale University School of Medicine. He performed his residency in pediatrics at Boston City Hospital, and completed training in pediatric rheumatology at Yale. Dr. Blier also holds a PhD

from Yale University in human genetics.

Dr. Blier, a resident of Amherst, MA, has earned numerous honors and awards, including an Arthritis Foundation Postdoctoral Fellowship and a National Institute for Health Postdoctoral Training Grant. Board certified in general pediatrics, he is a member of the American Academy of Pediatrics, the American College of Rheumatology, and the American Society for Biology, Phi Beta Kappa.

Agawam Medical West Associates is part of Blue Cross and Blue Shield of Massachusetts, which operates additional health centers in Chicopee, Longmeadow, Springfield, and Westfield.

Please remember our deadline is every Tuesday at noontime. Thanks.

NO ONE covers all the hometown news like us!!!

Richard W. Gallerani, OD
Julianne Rapalus Gallerani, OD

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789-2106

Living Well...

Back To School, Back To Fitness

by Barb Vinciguerra, MS
Assistant General Manager
Fitness First Health and Fitness Center

The release of the much-anticipated **Surgeon General's Report on Physical Activity and Health** indicates concern over the state of youth fitness in America. Here are some of the findings that the report implies:

1. Nearly half of young people aged 12 to 21 are not vigorously active on a regular basis, and one-fourth report no vigorous physical activity at all!
2. Physical activity declines dramatically with age during adolescence!
3. Female adolescents are much less physically active than male adolescents.
4. In high school, enrollment in daily physical education classes dropped from **42 percent** in 1991 to **25 percent** in 1995!
5. Only **19 percent** of all high school students are physically active for 20 minutes or more in physical education classes every day during the school week.
6. About **14 percent** of young people report no recent vigorous or light-to-moderate physical activity.

The results of this report are quite alarming to people in the Health and Fitness Profession.

Research clearly indicates that unfit children are more likely to evolve into unfit adults! There is no better time to instill the value of health and fitness than during one's adolescent years.

On one hand, we have the Surgeon General who is promoting the benefits of physical activity, and on the other hand, we have school systems that are cutting back on the amount of time that children spend in physical education class! Why is this so?

Physical education is just as valuable as any academic class. How many hours a week do your children spend in physical education class? Do you even know?

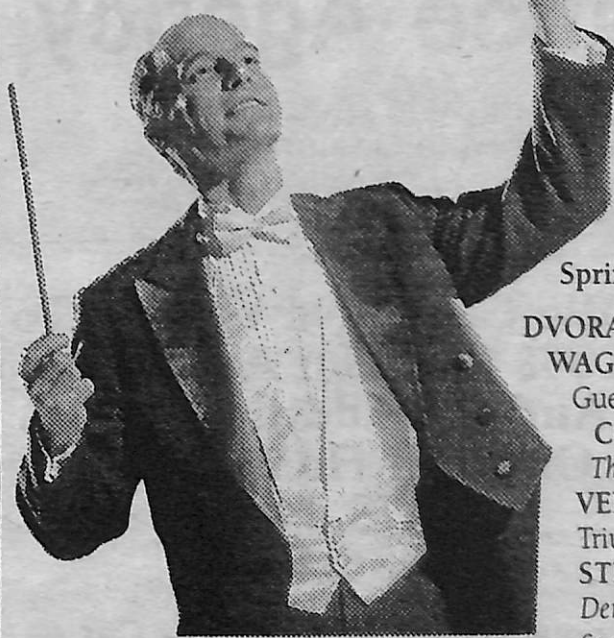
If children are not active during physical education class, then where will they get their **daily** recommendation of physical activity? Something has to change or we will be a nation that is headed towards self-destruction!

Fitness First is committed to enhancing the quality of life through exercise for all individuals, especially children. Beginning Monday, October 21st, Fitness First will be offering an after-school program called the JSF Club.

This Junior Sports and Fitness Club is geared for children ages eight to 15. The program will include activities such as racquetball, basketball, circuit training, aerobics, swimming, and many other fitness-based activities.

For more information, call 786-1460.

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Springfield Symphony Chorus

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Guests from Tannhäuser
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VERDI Celebration Scene and
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For Your Health - continued...



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by
Dr. Tami Nelson
Chiropractic Physician
Hampden County
Chiropractic
850 Springfield St.
Feeding Hills
786-4820

The Benefits Of Heat And Ice

Oftentimes patients will ask about when they should use ice or heat. Many times heat will be used at an inappropriate time and actually increase the patient's discomfort.

Ice and heat are wonderful modalities to use at home, but it is important to use them correctly. Moist heat provides nice thermal action. Physiological effects include vasodilation, hyperemia, muscle relaxation, and sedation of the nervous system.

The temperature should be approximately 170 degrees F. Time should be 10 to 20 minutes. Heat should NOT be applied to a pregnant uterus, any area of inflammation, an active malignancy, active tuberculosis, diabetes mellitus, encapsulated swellings, and thermal nerve deficiencies.

Heat is wonderful after working a long day and the muscles are achy and sore, or the low back pain experienced with the menstrual cycle, or deep arthritis pain, or during times of increased stress. It should not be used if you have just injured yourself or have acute sharp pain. The pain is usually due to inflammation.

Since heat is a vasodilator, it increases the blood supply to the region, and thus increases the inflammation. So the heat may feel good while it's on, but 20 minutes later the patient is usually in a lot more pain due to the increase in inflammation. During these times of acute pain, ice should be applied.

The action of ice is hypothermal. Some of the physiological benefits include: local anesthesia, local vasoconstriction, prevents local swelling, and increases respiration (breathing).

Ice should NOT be used with shivering, weakness, or advanced cardiovascular disease. Ice pack are available, or ice can be placed in a plastic bag.

Put a towel or paper towel between the skin and the ice pack. Apply for 10 to 15 minutes one time per hour. Ice is great for acute injuries, ankle sprains, and localized pain.

The following stages occur when ice is applied: 1) burning, 2) aching, 3) intense pain for 15 seconds, and 4) anesthesia. The stages occur in seven to 12 minutes. You can see that ice needs to be applied for longer than five minutes to achieve the benefits.

If you have any questions regarding the application of heat or ice, don't hesitate to give our office a call at 786-4820.

Dr. Nelson maintains an office at 850 Springfield Street in Feeding Hills. Please keep your calendar open for an exciting lecture on low back pain featuring a panel discussion including neurosurgery, physical therapy, massage therapy, exercise, and chiropractic on October 30th at 7:00 p.m. at the Agawam Public Library.

PLEASE remember that our deadline is every Tuesday at noon. We do appreciate those who bring in their copy on Mondays.

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Fitness First Holding Blood Drive With Red Cross On Friday, Oct. 4th

The American Red Cross, Blood Services will be holding a blood drive to help maintain an adequate supply of blood. The blood drive will be held on Friday, October 4th from 1:00 to 7:00 p.m. at Fitness First, 60 North Westfield St., Feeding Hills.

All are invited to participate. Those people who have never donated blood before are encouraged to try.

Giving blood is easy and completely safe. It only takes a few minutes to donate; and the com-

plete process from registration to relaxing at the canteen is usually about one hour. Each unit of blood collected by the American Red Cross gets broken down into three components; platelets, plasma, and red cells, and can be transfused to three different hospital patients.

One hour of time and one unit of blood can save the lives of three people.

To make an appointment to donate blood or if you have any questions regarding donating, call 737-4306. Walk-in donors are welcome.

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ACT - I

"Agawam Citizens For Tomorrow" Invitational Golf Tournament

Sponsored By Concerned Citizens And Businesses Of Agawam (CCBA)
(Proceeds To The CCBA Legal Fund)

Monday - October 21, 1996 Crestview Country Club

**ACT I Needs You In Our Cast Of Players—
Don't Delay, Register Today!**

(Golf Tournament Format - Four Person Scramble)

Players Entrance Fee Of \$100 (Per Player) Includes:

- * Luncheon Barbecue — 11:30 - 12:30 (Hot Dogs and Hamburgers)
- * Golf and Cart — 12:30 Shotgun Start
- * Social Hour 6:00 - 7:00 (Hors D'oeuvres & Cash Bar)
- * Crestview's Famous Dinner Buffet — 7:00 - 9:00
- * Non-Golfers Can Enjoy The Social Hour And Dinner Buffet For A Fee Of \$40



**ACT I Needs Sponsors — Why Not Swing In
And Help Us Keep Agawam Beautiful?**

Gold Sponsors — \$1,000 (Includes 4 Players, Social Hour, Dinner & Special Recognition)

Silver Sponsors — \$500 (Includes 2 Players, Social Hour, Dinner & Special Recognition)

Tee And Green Sign Sponsors — \$100 (A Special Way To Remember A Loved One)

Prizes:

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Longest Drive, Closest To The Pin On All Par 3's

Hole In One On The 6th Hole — \$10,000

Hole In One On The 14th Hole — 1997 Automobile

**All Entry Fees And Registrations Must Be Received,
And Paid In Full, No Later Than October 11th**

ACT I - REGISTRATION FORM:

Members Of Cast

Handicap

1. _____
2. _____
3. _____
4. _____

Social Hour And Dinner Only _____

Sponsors: (Indicate Level Of Sponsorship And Name)

Check One - Gold _____ Silver _____ Tee/Green _____

Name _____

Address _____

Address _____

Message _____

Total Amount Remitted \$ _____

For Further Information, Contact Donna Jago, (413) 786-2593,
Peter Clark, (413) 786-2113, Or Philip Shuman, (413) 786-8123

ACT I Golf Committee, c/o Crestview Country Club,
P.O. Box 305,

Shoemaker Lane, Agawam, MA USA 01001-0305



Arts

Suffield Players Offer Classic Thrills In Ludwig's Postmortem

Suffield: Yes, believe it or not ... it will be a dark & stormy night at the old castle, as the Suffield Players present Ken Ludwig's classic who-done-it, *Postmortem*, October 17th-November 2nd at equally spooky old Mapleton Hall in Suffield.

It's a fictionalized account of local interest, as stage actor William Gillette, famed for his portrayal of super sleuth Sherlock Holmes in the early 1900's, attempts to solve a real murder.

In true dramatic style, all the suspects are summoned to the now famous Gillette Castle in East Haddam, and the game is afoot! The plot is genuine thriller, with everyone a suspect, romances and intrigues at every turn, and plenty of action.

So test your sleuthing skills against the master, and attend the line-up of seven suspects, under the direction of Konrad Rogowski. It all happens at 8:00 p.m. at Mapleton Hall by calling 1-800-289-6148 for reservations.

Tickets are \$10 for all nights, except the first Thursday preview night only, which is \$5. Students and seniors (with I.D.) and groups of 10 reserved in advance get a \$1 discount. Don't miss it!

Westfield Theatre Holding Auditions

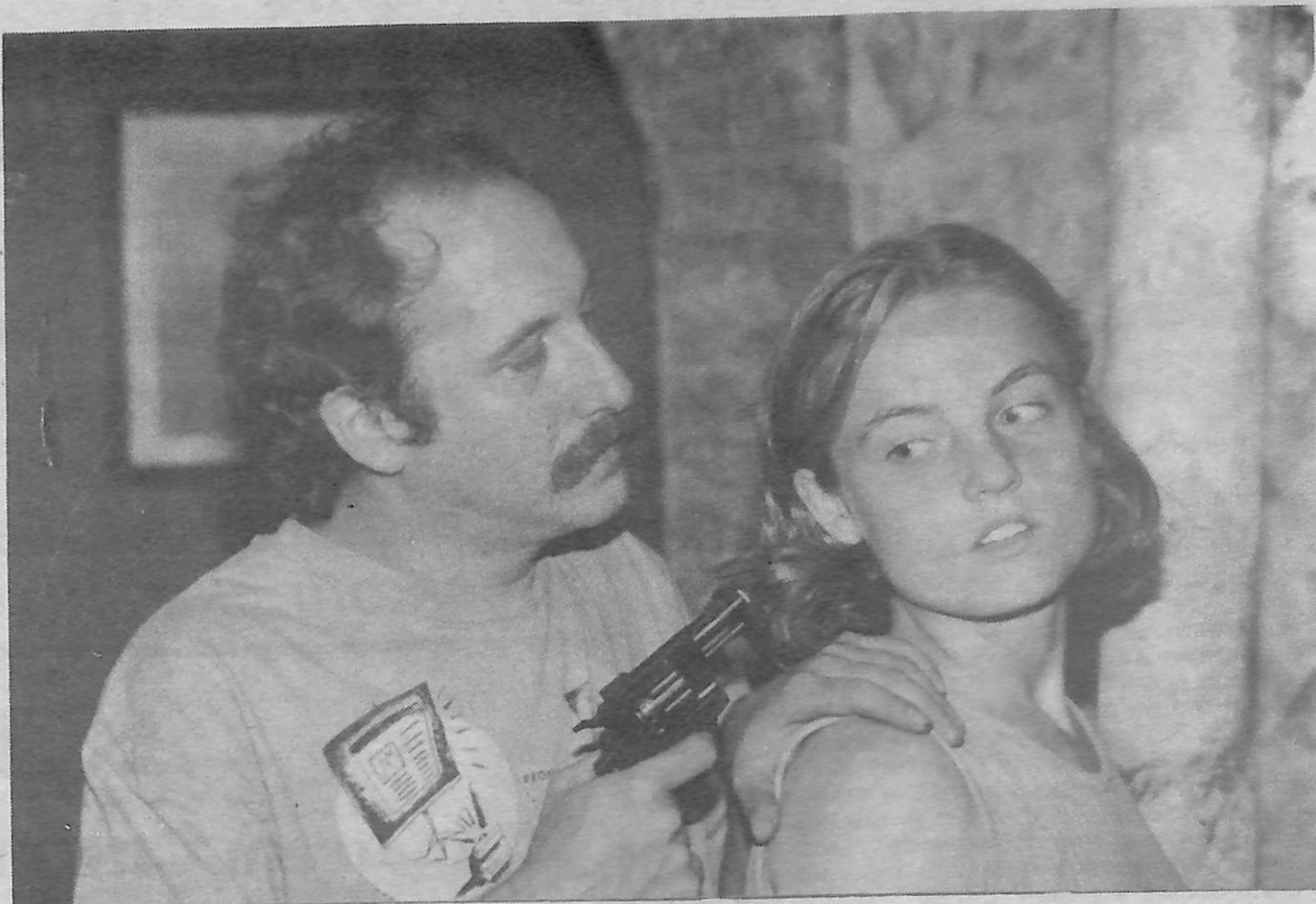
The Westfield Theatre Group, a department of the Westfield Woman's Club, has announced the following audition dates for its upcoming productions.

Auditions for WTG's January "Evening Of One Acts" will be held on Tuesday and Wednesday, November 12th and 13th, at 7:00 p.m. There are parts available for all ages.

Auditions for WTG's spring musical, *Evita*, to be directed by Timothy Champagne and Bob LaViolette, will be held on Monday and Tuesday, December 2nd and 3rd, at 7:00 p.m. Again, there are parts available for a wide range of ages.

There are no speaking roles in *Evita*, so all individuals auditioning will be required to sing. There are lead roles available for two females and three males, and there are many chorus roles available as well. Dancers, both male and female, are encouraged to audition as well.

All auditions will be held at the Westfield Woman's Club, 28 Court Street in Westfield. For further information regarding auditions for either production, please contact the Westfield Theatre Group at 572-6838.



MAY DISON (Briana Trautman-Maier) is confronted by her famous host, actor **William Gillette** (Allan Nott), as everyone is a suspect in the Suffield Players' thriller, "*Postmortem*." Call 1-800-289-6148 for tickets after September 26th.

Alliance For The Mentally Ill To Benefit From Multi-Media Play At Springfield College

"Street Gallery" is an original multi-media play written by Ken Roberts and cast members. This human interest play takes place in the year 2000, when homelessness has escalated to mammoth proportions.

Way Off Broadway Inc. is a theatre group directed by Elisabeth DePergola. Join us for an evening of acoustic guitar, folk songs, poetry, video, theatre, dance, and gospel choir. Let "Street Gallery" take you on a journey to the millennium!

Performances will be held on Friday, October

11th, and Saturday, October 12th, at 8:00 p.m. at Springfield College, Fuller Arts Center. Tickets are \$5 (general admission); however, if you have a Springfield College ID or you are a mental health consumer, admission is free.

The Alliance for the Mentally Ill of Western Massachusetts, Inc., would like to celebrate and honor Mental Illness Awareness Week and promote a National Anti-Stigma Campaign. Tickets will be available at the door on the evening of each performance.

For more information, call 786-9139.

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New 6 Rm Ranch, split BRs, 2 Baths, Fpl & more	\$169,900
Split Level w/2,500 SF, C/t, 2 1/2 ba, C/A. Great loc	\$189,900
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5 Lbs. Or More	\$1.69 Lb.
10 Lbs. Or More	\$1.49 Lb.
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10 Lbs. Or More	\$1.99 Lb.
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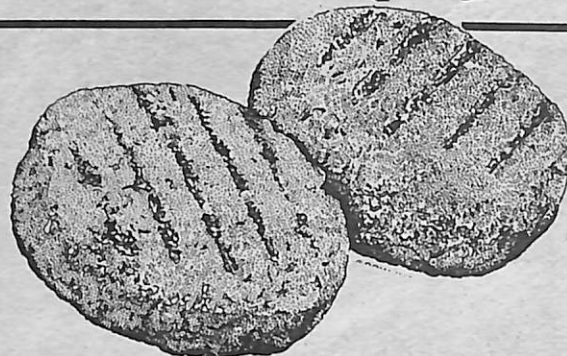


WHOLESALE MEATS

Whole Boneless Butt Tenderloins	\$4.39 Lb.
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Tuesday & Wednesday SPECIALS

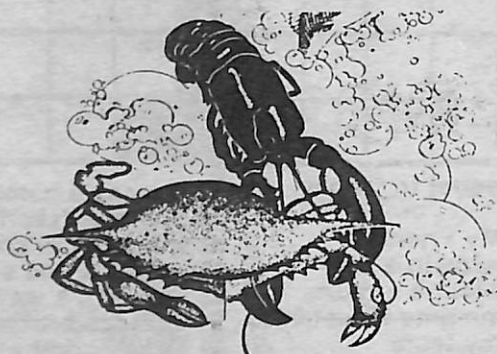
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Austrian Alps Imported Swiss Cheese	\$2.99 Lb.
Thumann's Gourmet Turkey Breast	\$4.99 Lb.
Store Made Chicken Salad	\$3.99 Lb.

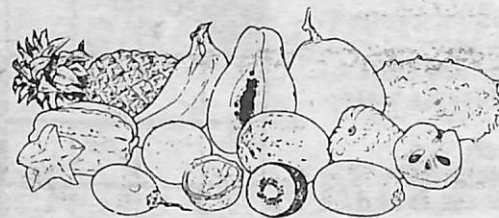


SEAFOOD

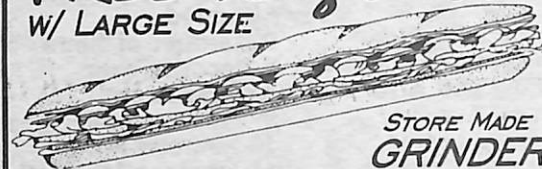
Frozen Swordfish Steaks	\$3.99 Lb.
Alaskan King Crab Legs	\$8.99 Lb.
Down East Frozen Crab Meat (11.3 Oz. Can)	\$4.99

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Fresh Carrots (1 Lb. Pkg.)	29¢
Fresh Turnip	29¢ Lb.
Butternut Squash	25¢ Lb.
Acorn Squash	25¢ Lb.
New Crop McIntosh Apples (3 Lb. Bag)	\$1.19
New Crop Cortland Apples (3 Lb. Bag)	\$1.19
Bananas	35¢ Lb.
Red & Green Seedless Grapes	\$1.29 Lb.



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Springfield Symphony To Open With Gala

What better way to kick off the Springfield Symphony Orchestra's 53rd season, "Mark Russell Smith and Friends," than with a party? Audiences are invited to a musical party at a Premiere Gala on October 5, 1996 at 8:00 p.m.

Showcasing works involving famous musical celebrations, Maestro Smith will lead both the Orchestra and the Springfield Symphony Chorus in a concert which highlights the first annual Springfield Arts Festival. The festival will feature hundreds of performing, visual and literary artists at various downtown sites throughout the weekend.

The Orchestra will take the stage alone for Dvorak's Carnival Overture, which Maestro Smith describes as "lively, colorful and energetic." Setting the party atmosphere, the piece (second in the composer's trilogy *Nature, Life and Love*) tells the story of a city at nightfall surrounded by a carnival in full swing.

"Instruments clang on all sides, mingling with the gay laughter of the revelers ... Then the hubbub subsides as the spectator follows a pair of straying lovers, and a pastoral theme brings a recollection of the tranquil scenes from *Nature's realm*," wrote Dvorak in the original program when the piece was performed in April 1892.

The Chorus will then take the stage for three operatic works of German, American and Italian origin. Wagner's "Entrance of the Guests" from Act II of *Tannhauser* tells the story of a 13th century minstrel-knight, Tannhauser, who falls under the spell of Venus, only to leave her for the saintly Elisabeth.

As guests file into Wartburg Castle for the beginning of a song contest, a grand march with blazing trumpets rouses a welcoming chorus. Wagner wrote that he composed "in a state of burning exaltation that held [his] blood and every nerve in a fevered throbbing."

Aaron Copland's opera, *The Tender Land*, commissioned in 1953 by Rodgers and Hammerstein in honor of the 30th anniversary of the League of Composers, was the first opera for television and details the life of a farm family of the 1930's torn in opposite directions.

The SSO and Chorus will perform the Suite from *The Tender Land*, featuring an introduction of the love duet theme, followed by a hoe-down in classic Copland style with lively dance rhythms and a noble closing in traditional American majestic form.

While Verdi's "Celebration Scene and Triumphal March" from *Aida* will be without the standard elephants associated with the piece, it will feature the huge choral outbursts and trumpet fanfares that characterize this Italian opera of doomed love between the Egyptian Radames and the Ethiopian Aida.

This selection is the accompaniment of the return of the victorious Egyptian army who had captured Ethiopian princess Aida, and so inspired Egyptian authorities after its premiere in 1869 that it was approved as the national hymn.

Closing the party will be Strauss' Suite from *Der*

Rosenkavalier, which Maestro Smith describes as "Vienna at its most elegant with gorgeous love scenes, elegant and graceful Viennese waltzes, and sumptuous orchestrations." Painting a picture of the height of Austrian aristocracy, Strauss tells the story of a love triangle through use of contrasting lyrical styles and a variety of dynamic changes.

In true party form, an audience dessert reception will follow the evening's performance. The celebration will take place in the Mahogany Room and Lobby at Symphony Hall, with refreshments for all provided by Sheraton Springfield at Monarch Place.

A discussion of the evening's program will be given by Maestro Smith as part of the Classical Conversations series, held in Symphony Hall and sponsored by Northwestern Mutual. The Box Office and doors to the hall will open at 6:45 p.m., with the talk beginning promptly at 7:00 p.m. Tickets for the concert must be purchased before entering Classical Conversations.

The Symphony's opening night Premiere Gala is sponsored by MassMutual Life Insurance Company. Additional funding has been provided in part by the Massachusetts Cultural Council, the National Endowment for the Arts and the Business Friends of the Arts.

Tickets are still available ranging from \$7 to \$35 at the Springfield Symphony Orchestra Box Office, 75 Market Place, or can be charged by phone at (413) 733-2291.

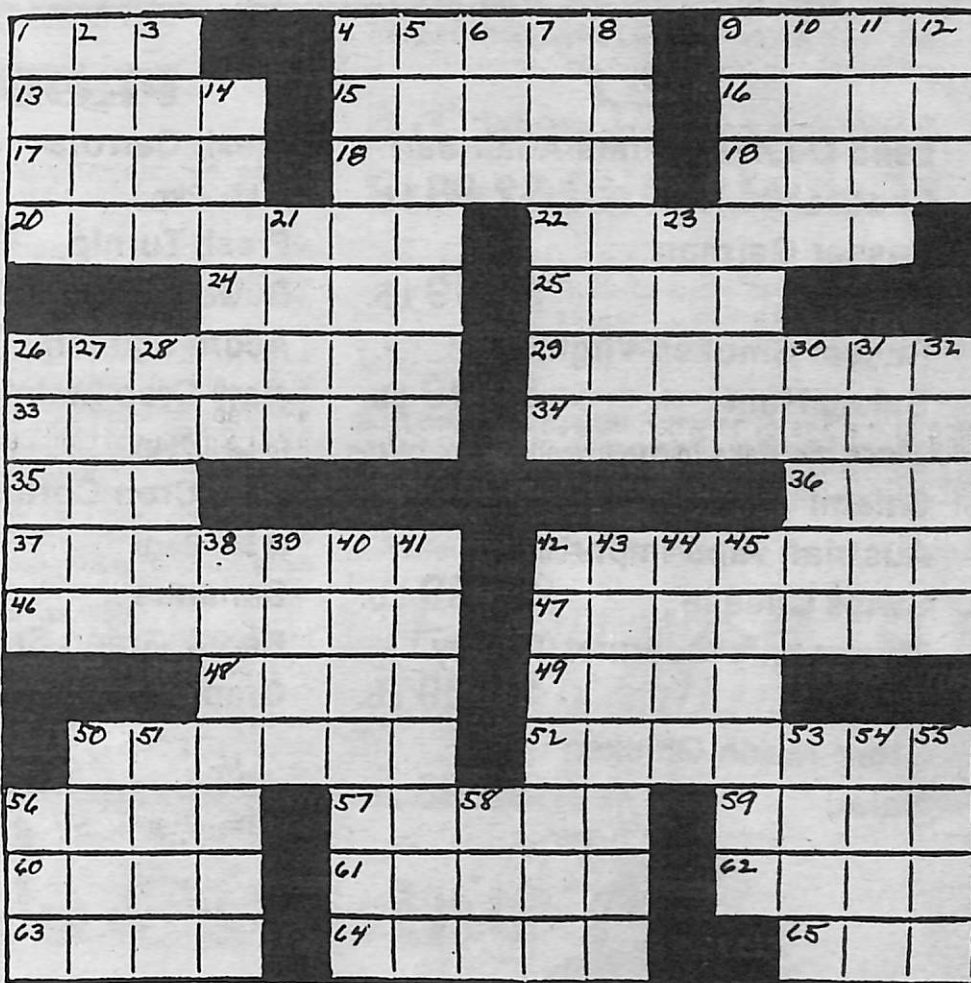
ACROSS

- 1 Cartographer's construction
- 4 Startle
- 9 "— were only fooling"
- 13 Cupid
- 15 Slovenly abode
- 16 "Green Mountain Boys" leader
- 17 Japanese beverage
- 18 "... — that will live in infamy"
- 19 Former formerly
- 20 "This is — of the Lord"
- 22 Earhart
- 24 Actor Jannings
- 25 French papa
- 26 Really isolated (2 wds.)
- 29 As one (Fr.)
- 33 Forsyth novel - "— of War"
- 34 "Yankee —"
- 35 Item often boxed
- 36 Prefix for center
- 37 Destructive word
- 42 "— — it whole-sale"
- 46 Prices for profit
- 47 Life's work
- 48 Underfoot stuff
- 49 Sandusky's waterfront
- 50 French Mrs.
- 52 Where priceless scrolls were found
- 56 Yarn
- 57 Gratify
- 59 Yule items
- 60 What Arnold pumped?
- 61 Actress Barkin
- 62 Goddess of discord
- 63 Sonny and Artie to Cher and Ava
- 64 Nirvana states
- 65 Educated guess

DOWN

- 1 Vertical pole
- 2 Oriental nursemaid

MEET THE MASTER - by Dick Mastroianni

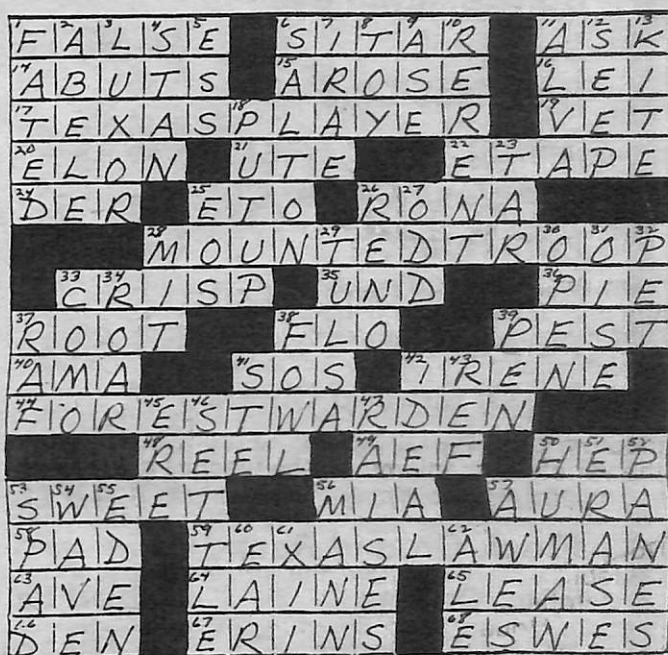


- 3 Jab
- 4 Multi-usage word
- 5 Babied
- 6 Gardner of films
- 7 Records over
- 8 Component
- 9 "Get — out"
- 10 Famous Mata
- 11 Hostess Maxwell
- 12 "The best is — to come"
- 14 Strengthen again

- 21 Sequel to "Moby Dick"
- 23 "My Friend —"
- 26 Guide in a way
- 27 Chicago airport
- 28 One-time Houston hockey team
- 30 Crusader's ploy
- 31 Wow word
- 32 Reeks
- 38 Brings tears
- 39 Hip bones
- 40 Dutch artist Jan

- 41 Woman's name
- 42 Summer favorite
- 43 Runs out of control
- 44 Lakme's bell song
- 45 Tease in a way
- 50 Famous brothers
- 51 Lotion additive
- 53 Achy
- 54 Jupiter's shield
- 55 Helper (abbr.)
- 56 Like kissing a sister?
- 58 Math subject (abbr.)

Last Week's Solution...



Best hometown news...

- Two Winners Take All Over \$3,500 In Prize \$\$\$

Friday Bingo

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"LIFE AND STILL LIFE" by artist Terry Liebl of Northampton will be the subject of the next Agawam Community Artists' meeting on October 2nd.

Hilltop Players To Stage "Decidely Deadly"



HILLTOP PLAYERS CAST MEMBER each strangle their suspect in the death of Mrs. Stevenson (Shelley Haber, center) during their production of "Decidely Deadly" in the comedy-thriller to be presented at the Red Door Theatre October 10th, 11th, 12th, 18th, and 19th at 7:30 p.m., and October 13th at 2:00 p.m. For tickets call 789-2026. From left - Ed Gogulski, Jessie Randzio, Erin Biddle, Dorrie Mitchell, and Marilene Allen, and Al Randzio.

Agawam Community Artists To Meet On Wednesday, Oct. 2nd

On Wednesday, October 2nd, the guest of the Agawam Community Artists' meeting will be artist Terry Liebl of Northampton.

Terry Liebl graduated from Smith College and attended graduate school at the University of Massachusetts. She has enjoyed exploring every medium possible of the arts and enjoys sharing the variety of mediums, as she teaches classes at the Guild Studio School in Northampton. Her watercolors are exhibited at the Hart Gallery in Northampton.

Liebl will demonstrate the art of Silk Painting on October 2nd for ACA at the Captain Charles Leonard House, Main Street, Agawam. There will be a short business meeting prior to the demonstrations.

It is open to the public at no charge, and is funded through the Massachusetts Art Council through the Agawam Cultural Council.

Best local news...

Agawam Library To Host Work Of Artist Antonio J. Benerakis

The Agawam Public Library is pleased to present the work of local artist Antonio J. Benerakis in the gallery for the month of October.

A self-taught artist, Mr. Benerakis began painting at the age of 11 when he was asked to paint murals on the walls in the juvenile room of the Springfield Boy's Club, and was appointed judge of the weekly art contests.

After serving in the Army Air Force during World War II, he was District Display Supervisor for Two Guys Department Stores throughout the east coast for 12 years.

Mr. Benerakis started his own business in the 1970's called Ben's Art & Sign Company, from which he is now retired.

Antonio works with oils and acrylics, and enjoys doing portraits, murals, and wildlife paintings. He resides with his wife in Feeding Hills.

Elementary Children Invited To Library For Reading Program

The Agawam Library invites elementary school-aged children to join a month-long reading incentive program. Agawam and Feeding Hills kids, who read at least two age-appropriate books during the month of October, will be invited to a pumpkin party on Saturday, October 26th, from 11:00 a.m. to 12:00 noon.

Pick up an entry form at the library at 750 Cooper Street beginning September 23rd and record the two favorite books you read during the month. Return your entry by October 25th and you can add your name to the party sign-up sheet.

Only reading program participants in grades one and up will be eligible to come to the party.

Check our classified

The Agawam Soccer Association

will hold its
Annual Meeting and Election of Officers
on Thursday,
October 24, 1996 in the lower level
of the Springfield Turn-Verein
at 7:00 p.m.



Would you like to know more about becoming a member of the Catholic Church?

The Catholic Parishes of Agawam invite you to an

Information Night on Sunday, September 29 at 7:00 pm

Discover what the Catholic Church is all about, and if you are interested, find out how to become actively involved in our faith community.

We welcome anyone who would like to know more about the Catholic Faith to this process of prayer, study and sharing.

**Come and see! St. John's Parish Center on Main St. Agawam
September 29 at 7:00 pm**

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Education

Renaissance At Agawam High 'Worth Watching'

by Kathy Cassanelli
News Editor

The Renaissance Program at Agawam High School recently launched its fifth year by doing what it does best: teaming up with local businesses to reward kids for their accomplishments.

AHS Principal Joseph Zabielski, representatives of the Agawam Chamber of Commerce, and Renaissance faculty advisors conducted a brief ceremony in the school courtyard honoring a group of 20 Renaissance scholars for attaining scores of 1,150 or higher on the SAT exams given last spring.

Nationally, the average SAT score is 1,010.

For the impressive achievement in maintaining their status as Renaissance cardholders and in achieving such high scores on the SAT, each student received a Renaissance watch donated by the Chamber of Commerce.

A faculty advisor since the inception of the Renaissance Program at AHS, Linda Sasso said the program seeks to reward the students for their responsible behavior and their academic achievements.

"This is a partnership with business and community resources making it possible for Renaissance to happen," Mrs. Sasso said. "The Chamber of Commerce has been very generous to us."

Each marking term, nearly a quarter of the school's student body is eligible for a Renaissance Card or a Gold Card. With their card, students receive discounts from area business sponsors and perks at school as well.

For senior Diane Parslow, the parties and prizes given to Renaissance members throughout the year are great, but the best thing about membership is the exam exemptions given at the teachers' discretion to cardholders during midterms and finals. Another big draw is coupons good for five extra points on a test or quiz, according to her.

Jeanne O'Neil, also a senior, said the kids all enjoy the free fries at the Agawam McDonald's and the reduced fees at Fitness First Health Club for Renaissance members.



AGAWAM CHAMBER OF COMMERCE PRESIDENT Denise Vogel (standing - left), Education Committee member Richard Bellico (standing - right), and Principal Joseph Zabielski congratulate the AHS students who received new watches from the Chamber for scoring 1,150 or higher on their SAT exams last spring. The Chamber is also a strong supporter of the Renaissance Program at AHS. Advertiser News photo by Jack Devine.

Chamber Wants To "Recognize" Kids...

Chamber of Commerce President Denise Vogel told us, "Through our Education Committee, we're trying to find ways to identify what the kids need and find ways to support their needs. We want to recognize the kids for doing well, and there are not a lot of opportunities to tell the kids they're doing a great job. We support Renaissance so that what they're doing is not overlooked."

Ms. Vogel said the Renaissance Program reinforces the positive habits that the students will need to succeed in the business world.

This year's blue and gold Renaissance Cards have been donated by the Chamber and carry the Chamber's logo on the back.

"With our logo on the back, the kids will be reminded of the Chamber's involvement every time they show that card," Ms. Vogel said.

Representing the Chamber's Education Com-

mittee, Richard Bellico said he expected the board would vote to continue the policy of having a teacher and a student from the High School serve as board members after the success of last year's pilot program.

"Education is so important to the business community," Bellico said. "What we do goes hand in hand with education."

Serving as Renaissance faculty advisors are Dorothy Martin, Cynthia McCormack, Michael Kidd, and Linda Sasso.

The students who received Renaissance watches were: Cindi Alfano, Gwen Beaver, Christopher Bednarzyk, Sharon Chicklas, Eric Clark, Nicholas Devanski, Pam Eaton, Mike Freeman, Jason Jean, Keith Jendza, Paul Lalli, David Martin, Zac Mounemineh, Jeanne O'Neil, Patricia Olson, Diane Parslow, Rita Reshamwala, Steve Rovithis, Richard Skowrya, and Kevin Tampon.

NO ONE covers all the hometown news like us, each week - ADVERTISER NEWS. NO ONE covers the Agawam Schools like Kathy Cassanelli, only in the ADVERTISER NEWS!

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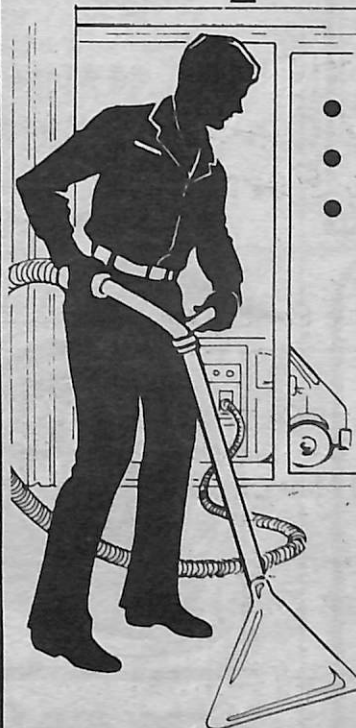
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AHS Guidance...

by Judith Cohen
Acting Director
AHS Guidance Dept.

Important Information Is Being Passed On To Students

Open House at the High School was held on September 19th. We were so pleased to see so many interested parents. We do appreciate your support.

A Guidance Handbook has been printed and is available in the Guidance Office. On Tuesday, we met with our Seniors to review important dates that each senior must remember and to discuss post high school plans.

A Senior Handbook was distributed and questionnaires were handed out to the students; one for them and one for your parents to complete. These will help Mrs. Williams, the Senior Class Counselor, write the college recommendations, so it is important that they be returned as soon as possible.

The ninth and 10th graders are being handed information sheets to fill out. These questionnaires will enable us to know each student better.

On the back, there is ample space for additional input by the student and for the parent to give us information which he/she feels will help us to deal more appropriately and effectively with each client.

Please help your child with this form. Once the form is received, we will be calling parents to set up conferences. We want to meet you, and to listen and share with you.

GUIDANCE BULLETIN

College Representatives: If you are interested in meeting with any of the following college representatives, you should sign up at least a day in advance in the guidance office.

October 1st: Anna Maria College, 11:15; St. Joseph's (Maine), 1:00; Regis College, 8:30.

October 2nd: Newbury College, 8:00; Elms College, 9:30; College of St. Rose, 10:45.

Timothy Reid Enrolls At Hamilton College

Timothy Reid, son of Mr. & Mrs. Timothy E. Reid of Mountainview Street, Agawam, recently began studies as a first-year student at Hamilton College.

A graduate of Wilbraham And Monson Academy, Reid was selected from more than 4,045 applications to the college. Reid joins a class of 497, the largest first-year class in more than 10 years.

Hamilton College, located in Clinton, New York, is an independent, highly selective, privately endowed liberal arts college. Founded in 1812, it is today among the oldest colleges in the nation.

It is named for Alexander Hamilton, the first secretary of the treasury, and features a strong curriculum in the humanities, the arts, the natural sciences, and the social sciences. The college is noted for the close interaction that takes place between faculty and students.

Approximately 1,690 students are enrolled at Hamilton.

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We have over 20 years of college planning experience. Call our Holyoke office, 534-9170, or John DeBonville at 786-3588 to set up your first appointment.

October 3rd: AIC, 9:30; Mt. Holyoke, 9:30; Merrimack College, 10:30; Wentworth Institute of Technology, 12:30.

SCHOLARSHIPS: See Mrs. Williams for more information.

Walter S. Barr Scholarship: This local scholarship is awarded to qualified applicants who meet the following criteria: school records, recommendations, SAT scores, and the financial need of the applicant. To be considered, a student must take the SAT and have the scores sent directly to the Barr Scholarship committee. Deadline: December 31, 1996.

New York University Future Educators Scholarship: This scholarship ranging in value from \$1,000 to \$10,000 annually will be awarded to academically strong students who are accepted into one of the curricula at NYU that lead to certification at the elementary or secondary level. If interested, see Mrs. Williams before October 1st.

Massachusetts Educational Finance Authority (MEFA) provides low-cost loans to parents who do not receive enough financial aid from traditional sources. See Mrs. Williams if you would like more information.

The following colleges are offering scholarships to students who plan to attend these colleges: Ursinus College, St. Anselm's College, and Loyola College.

OPEN HOUSES: See Mrs. Williams for more information.

UMass Women In Engineering Career Day: The purpose of this program is to provide female students with the opportunity to explore engineering as a possible career choice. They will meet students currently studying engineering at UMass and hear a panel of women engineers working in the industry. Date: Monday, October 28, 1996.

University of Pennsylvania School of Nursing; Thursday, October 10th, 12:00 noon to 2:00 p.m., Crowne Plaza Hotel, Worcester.

Towson State University: October 19th and 25th, November 16th and 22nd, December 6th.

Quinnipiac College: October 14th, October 26th, November 11th, 9:30 a.m. to 2:00 p.m.

Yale University: Fall Open House for Minority Students - September 27th.

Holyoke Community College will be hosting a College Information Day on Thursday, October 17th, from 10:00 a.m. to 12:00 noon in G Building. Representatives from 30 colleges will be present to answer student's questions.

Entertainment Books Being Sold At AHS

The Agawam High School Music Department is selling the 1997 *Entertainment Books* starting September 23rd. This new and improved book replaces the old Dine Out and Treat Out books and contains many more *Western Massachusetts* restaurants and businesses.

The cost of each book is only \$20 and they can be purchased from any music student at the High School. These books contain coupons for fine dining, fast food, movies, hotels, motels, resorts, skiing, symphony, theater, amusement parks, hockey tickets, and much more.

If you are interested in purchasing a book (they make great Christmas presents!), please contact the High School Music Department, Tammy Watson at 789-4488, or Steve Files at 789-1400, ext. 410.

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Agawam Schools' Weekly Lunch Menu

Monday, September 30th: Steamed frankfort in roll, oven-baked beans, seasoned mixed vegetables, chilled diced pears, milk.

Tuesday, October 1st: Spaghetti with meatsauce, tossed garden salad with spinach greens & dressing, Italian bread & butter, jello with topping or fresh Mac apple, milk.

Wednesday, October 2nd: Hamburg in roll, rice Pilaf, sweet peas & carrots, pear macaroon, milk.

Thursday, October 3rd: Oven-baked chicken nuggets, honey & dipping sauce, macaroni salad, glazed carrot coins, sweet potato spice cake with cinnamon icing, milk.

Friday, October 4th: Grilled cheese sandwich, pickle chips, oven potato puffs, chilled fruit cup or chocolate pudding with topping, milk.

* **REMINDER:** Elementary lunch is \$1.

(Tickets must be purchased on Mondays for the week. Personal checks are accepted, payable to: the Agawam School Lunch.)

Girl Scout Registration Is Now Being Held In Area Communities

It's not too late to join Girl Scouts and see what you've been missing! Whether you are a girl or an adult, Girl Scouting has something to offer you!

Registrations for all levels of Girl Scouting (ages five to 17) are now being held in area communities. If you are interested in learning how you and/or your daughter can become part of this progressive, exciting organization, please call Carla at Pioneer Valley Girl Scout Council at 525-4124 or 1-800-634-7047.

Many adult volunteer opportunities are also available to support Girl Scouting in a variety of ways. You do not need to be a Girl Scout leader to volunteer with Girl Scouts. Find out why our volunteers' motto is "Good feelings, Good friends, Good fun!"

Complete training and support are provided. No talents are turned away. Call Kathy at 525-4124 or 1-800-634-7047 for more information.

All the local news with us, each week
ADVERTISER NEWS

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5 - \$50 Games

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7 P.M.

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Admissions Open House Being Hosted By Bay Path College On October 5th

Bay Path College will host an Admissions Open House on Saturday, October 5th, from 9:00 a.m. to 1:00 p.m., with registration being held in the Blake Student Center on the college campus.

The event will offer prospective students and their families an opportunity to meet with members of the faculty, current students, financial aid and admissions counselors to learn more about Bay Path College, the variety of baccalaureate and associate degree programs offered, the application process, and financial aid available.

Open House visitors will receive information about several new degree programs and revised courses that have been added. Information about the college's teacher preparation program in elementary education, recently approved by the Department of Education, will be provided.

Attendees will also receive information about other degree programs in legal studies, criminal justice, early childhood education, liberal studies, travel and hospitality, accounting, business ad-

ministration, health administration, and marketing. New concentrations within the college's business degree program include information technologies, international business, and human resource management, while gerontology is a new concentration available within the bachelor's degree in psychology.

Additionally, this year the occupational therapy assistant program received its accreditation and graduated its first class with average starting annual salaries of \$31,000.

Details of minors in management, interior design, fine and performing arts, American studies, history, and women's studies will be outlined. Also, student club and activity exhibits will be featured throughout the Open House, and from 12:00 noon to 1:00 p.m. a complimentary luncheon will be served followed by a special presentation by Bay Path college president, Dr. Carol A. Leary.

For more information or to pre-register to attend, call the Office of Admissions, Bay Path College, 1-800-782-7284.

Hart Cousins Both At UMass-Amherst

Rebecca Hart, daughter of Mr. & Mrs. Glenn Hart of Honey Pot Road in Southwick, is a member of the freshman class at the University of Massachusetts at Amherst. A June graduate of Southwick-Tolland Regional High School, she was a star player on the varsity field hockey team.

Her cousin, Sarah Hart, attends the university as a member of the junior class.

Rebecca and Sarah are granddaughters of Mrs. Paul Harrison, the former Shirlee Balboni of Agawam. They are great-granddaughters of Mrs. Fernando Balboni of Agawam and the late Mr. Balboni.

Sacred Heart Pack 75 Seeking New Members For Cub Scouting

Don't fear, we are always here at Sacred Heart Parish Social Center.

At Cub Pack 75, we never close our registrations; we are open all year long for anyone wishing to join our Scouting family:

First grade — Tiger Cubs; second grade — Wolf; third grade — Bear; fourth grade — first-year Webelos; and fifth grade — second-year Webelos.

If you have a friend that wants to join with you, just bring him and his and your parents along. Earn a recruiter patch for bringing in a friend or two.

If you have any questions, call 786-2309. We will be more than happy to explain the Scouting program to you.

Jeffrey Beaudette Earns History Award At Suffield Academy

Suffield Academy held its annual Underclass Prize Day on September 19th to honor academic achievements in the 1995-96 school year.

Among those students who were honored was Jeffrey Beaudette of Agawam, who received the History I Award, Honorable Mention.

Founded in 1833, Suffield Academy is an independent, co-educational college preparatory school in Suffield, Connecticut.

Agawam Library Has Halloween Crafts For Kids 3 & Up

The Agawam Public Library will be offering another popular "Do-It-Yourself" craft in the hall on Saturday, September 28th from 11:00 a.m.-2:00 p.m.

Children aged three and up are welcome to reserve a scarecrow craft kit and come in anytime between 11:00 a.m. and 2:00 p.m. to pick it up. We'll supply all the makings and you can supply the creativity to make your own scarecrow.

Call 789-1550 or stop by at 750 Cooper Street.

Best local news...



SHEREE CARDIN

Sheree Cardin Of Agawam Receives "Piano Award"

The Music Cellar of West Springfield recently performed their "Annual Summer Piano Recital" at the Colosseum Banquet House. Following the recital and dinner, 172 trophies were awarded.

The last and most prestigious award, which is The Lawrence C. Sullivan Award For Excellence, was presented to Sheree Cardin. Sheree is the daughter of Roger and Claire Cardin of Mountainview Street, Agawam.

Sheree is a Junior at Agawam High School, where she is a second-year Varsity Cheerleader and a member of AFS. She has played High School softball, competed in High School gymnastics, and has been a volunteer at area nursing homes.

Rounding off this active schedule, Sheree has effectively made time to practice her piano skills to the level of excellence to qualify for the American Guild of Music-Great Lakes North American Championships in Detroit, Michigan. She has placed 1st in Test List Category, 2nd in Length of Study, and a perfect score of AAA in Evaluation this year alone.

Sheree also attended the Championship last year, once again receiving a AAA and 1st Place. Both years, she qualified for National Championships in Washington, D.C.

Congratulations, Sheree!

Children With Asthma Ages 5 To 13

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Breath Games



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10:30 A.M. - 2:30 P.M.

Awards

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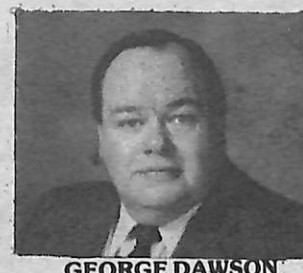
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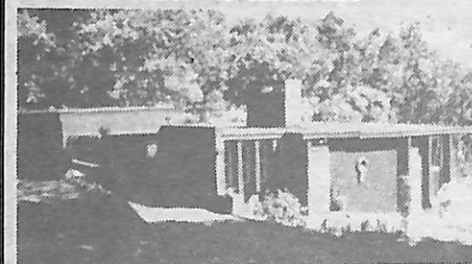
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Sports

Chicopee's Wishbone Runs Wild In 50-24 Win Over Brownies

by Dave Rollins
Sports Editor

Usually a football team runs the wishbone offense because they are not particularly big, can't pass the ball, and can't run it all that well, either. It's an offense of deception. It hides your weaknesses and gives whatever limited skills you have a chance.

Occasionally, you'll run into a team that is big, strong, and talented. And they run the wishbone. When you meet them, you are in trouble.

That's what happened to the Agawam High football Brownies (0-2) last Friday night. It was trouble to the tune of a 54-20 whipping up at Szot Park. The team which did the whipping — the Pacers (2-0) of Chicopee High School. They run the 'bone. And on that evening they took it out and jammed it down the Brownies' throats. The whole thing became painful for the faithful who came over Rte. 391 to see the independent game.

Agawam was coming off a tough 21-15 loss to Northampton. If anyone thought the emotion of that game would last a week, those thoughts fled at the 6:42 mark of the first quarter. About three minutes earlier, the Pacers got the ball on the Brownie 45-yard line. Agawam was antsy on the defensive line. They knew deception was going to come on just about every Chicopee possession. So they began jumping offside. It was a natural reaction because the "D" knew they had to get some advantage.

Brownie Coach Dean Vecchiarelli knew it, too. After the 'Hamp game, he and his staff immediately began concentrating on Chicopee. Then he said, "We have to stick to our assignments and stay on our man." They did neither. Chicopee's Tim Klett started off the scoring on a free play (Agawam was offside), taking it on a gut-buster right up the middle.

A Brownie punt on a possession that went nowhere gave Chicopee another chance. It was a Pace first and 10 at the Agawam 40. A 39-yard run (again up the middle) by fullback John Cloutier brought it to the Agawam one-yard line. Cloutier then lugged it in from there for the first of four TD's (1, 10, 2, 12 yards) he would score on the evening.

The first quarter ended with Chicopee up, 12-0. It would seem to get better from there for the Brownies. But in reality, it got worse.

Agawam seemed to get a little momentum at the start of the second quarter. Phil McGeoghan, who switched with starting quarterback Eric Melbourne on fourth and sixth on Chicopee's 28, executed a classic rollout pass to senior tight end Bryan Menard. These two have played together for four years. It was nice to see them reading each other's minds.

McGeoghan, because of his running ability, froze the Pacer defenders. Menard, who almost always draws the biggest and fastest defenders on the other team, did what has made him an All-Western Massachusetts performer — he got right in the middle of the strong safety and linebackers and pulled in McGeoghan's right-on rainbow. It went for 16 yards. Melbourne, borrowing a page from McGeoghan's book, was back a quarterback and ran it for 13 yards to the Pacer three.

At the 9:35 mark, Jeff Blews, playing with the lacerated scalp (14 stitches) he suffered last week after the 'Hamp game, took it in from the one-yard line. The kick was blocked. It stood at 12-6, Chicopee.

Chicopee Catches A Break...

Chicopee caught a break on its possession. After a 40-yard gain by Cloutier, Darrell Malachowski (who was one Brownie who had a fair defensive day) penetrated enough to hook up with Pacer quarterback Klett. Klett was heading right. Malachowski swiped at the ball. It flipped away to the Brownie eight. And, true to the tune of the night, it tumbled right into the Agawam end-

SEE FOOTBALL - Page 37...



AGAWAM HIGH BOYS' varsity soccer Coach Dwight Northrup with his four key seniors on the squad - Steve Rovithis, Chris Bitzas, Todd Godfrey, and Jason Jean. Advertiser News photo by Jack Devine.

AHS Boys' Soccer Continues Upward Trend After Tie Vs. Ludlow

by Dave Rollins
Sports Editor

Let's forget about all the rhetoric. Let's forget about all the excuses. (We sat on the Ludlow High side of the field Monday afternoon during their 2-2 tie with Agawam High at Harmon Smith Field. We heard more excuses than you'd find at a procrastinators' convention.) But no one there admitted the reason for the tie. Agawam (2-1-2) played the kind of defense against one of the perennially top rated soccer schools in Western Mass. that comes right from the textbook.

Nick Dion scored both Agawam goals. His first tally (and third of the season) came on a Brownie rush at 16:12 of the first half after Ludlow went up 1-0.

Dion, who is always aggressive, took a pass from Todd Jorgensen. Dion was five feet out. He was so close to the Ludlow keeper he could have gotten his autograph. Instead, he put his

signature on a kick that Superman couldn't have stopped.

Ludlow, the champions that they are, got slightly upset by that breakdown in its defense. And the visitors went to work. The Brownie defense was up to the onslaught. For nine minutes Ludlow lived in the Agawam zone. They shot from every angle. And you would have thought they would have had most of them on goal. That wasn't going to happen.

Agawam Defense Everywhere

The Agawam defense swarmed everywhere. They doubled up on the Ludlow shooters. They got in the way of the Ludlow shots. They did not give up. They played like demons.

SEE BOYS' SOCCER - Page 37...

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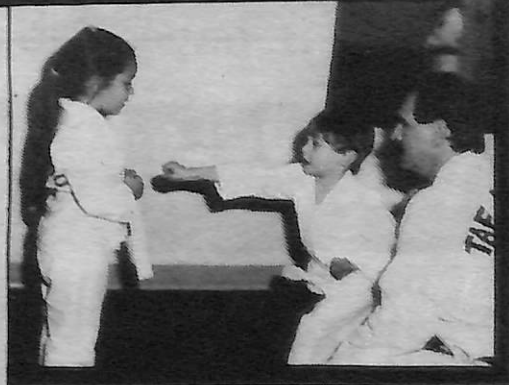
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AHS FOOTBALL - from Page 36...

zone. Pacer lineman Jeremy Zimowski was right there. The two-point conversion saw the score stand at 20-6, Pacers.

Agawam got on the board at 4:36 of the second quarter. They started on their own 36 after the kickoff. Behind the running of Blews, George Graves, Melbourne, and Kevin Perreault, they brought it to the Pacer nine-yard line. Melbourne was at the controls. McGeoghan was in the end-zone. If Melbourne didn't lay it right on the money, it would have been an incompletion. But everything worked right. McGeoghan, doubled-teamed as usual, saw the ball go the only place it could have gone, into his arms, while a duet of defenders flailed fruitlessly at a deflection. The two-point conversion failed.

The score of 20-12 seemed to put Agawam back into the game. But it was a no-brainer. Even the most fanatical of the faithful knew the Brownies were facing beef on the hoof. Chicopee took the kickoff on their 35 and bulldozed the ball towards the promised land.

Klett (5'11", 190 pounds), Cloutier (6', 210 pounds), and Tomasz Pagos (6', 180 pounds) combined for 65 yards to bring the ball in (a seven-yard

Klett roll right) to make it 26-12 Chicopee at the half. A horrible pass interference call against AHS on third down didn't help, either.

With not even 2:30 gone in the second half, Chicopee scored again. This time, Cloutier rumbled 10 yards right up the middle. The successful kick made it 33-12, Pacers.

Suddenly the Brownie offense was without Menard. He exited with a bad ankle. That meant their passing attack was cut in half. (Now, it seemed McGeoghan had not only the defensive back, but the cheerleaders as well, covering him.) They were walking on their heels. Chicopee was running on its toes.

The coup-de-grace presented itself at the 4:31 mark in the third. Klett, who is not fast, did the wishbone fake routine, which by then had the Brownie defense introducing themselves to each other, and went 35 yards for a score. It was a tawdry ribbon to wrap up an ugly package.

Chicopee scored two more times. And it must be said they showed no class with two straight onside kickoffs when they were up 54-20. They showed even less class with an offensive effort to move the ball when the game was all but over. Chicopee Coach Steve Moge decided to run a run-it-up offense that will be remembered down the

road.

BROWNIE NOTES: The loss puts them at 0-2. They have a bye week before hosting Minnechaug on October 4th at 7:00 p.m. Bryan Menard's bruised ankle should be okay for that game. There were no other Agawam injuries.

Hats off to Coach Vec for playing some of the younger kids when things were out of hand. That is what coaching is all about. And that's what good coaches do. The good ones, at least in high school, know when they're winners. They also know when they're beaten.

BROWNIE STATS:

RUSHING: Blews, 11-50; McGeoghan, 3-34; Curto, 5-35; Perreault, 4-4; Gallagher, 1-8; Melbourne, 3-30 (1 sack - 9); Hankerson, 2, -4; Fuller, 1-2. **TOTALS:** 30-178.

PASSING: Melbourne, 12 atts., 4 completions, 41 yards, 1 t.d.; McGeoghan, 5 atts., 4 completions, 33 yards, 1 t.d., 1 two-point conversion; St. Jean, 1 att., 0 completions.

RECEIVING: McGeoghan, 3-34, 1 t.d.; Menard, 2-23; Mangano, 1-8, 1 t.d.; Perreault, 1-6; Melbourne, 1-3, two-point conversion. **TOTALS:** 8-74, 2 t.d.'s, 1 two-point conversion.

AHS SOCCER - from Page 36...

Brownie keeper Bryan O'Quinn (who would distinguish himself at game's end) roamed the goal-mouth. He was protected by sweeper Chris Bitzas, Todd Godfrey, Rich Rodrigues, and a host of others.

"We kept our composure. We got lucky and unlucky. We did what we had to do," Bitzas said when it was over. At the end of the half, Agawam finally mounted some offense. But the whistle blew and it was 1-1 after 40 minutes.

The second half continued the definition of Agawam boys' soccer that third year Coach Dwight Northrup has been striving to achieve. "I have great athletes here. But they free-lanced a lot. These kids are very coachable."

At the 33:44 mark, Rich Rodriguez was facing down Ludlow star Matt Goncalves. The Lion got within 10 feet of the Agawam net. Rodriguez made a block and tackle that should go into the textbooks.

Ludlow, however, would not be denied. With 18:30 gone, they scored. It was one of those moves that had everyone on their feet. Lion midfielder Rob Gomes had his spot in front of the

Agawam net. No amount of defense would have stopped his shot. He took the pass and with the ball on his foot, head-faked right and went left.

Agawam would not be done. Dion saw to that. Once again, with help from Jorgensen, he nailed a goal two minutes later. It was another close-in job from five feet out. The score stood at 2-2.

Then it came down to defense, which Agawam had been playing on this long, sunny afternoon. And Dion and Jorgensen, who got them there, had to be proud.

The defining moment in this game came with five seconds left. Ludlow was on the attack. They had their play set up. It was a drop pass into the center of the field. The shooter would take it 30 feet out on the left. They must have practiced it a thousand times. Forward Mike Mateus got the pass from Gomes. The Brownie defenders split right and left. The intensity of the Lion rush gave them no choice. The lane to the goal was 30 feet wide. Mateus launched it.

Defense The Key To A Win

The scribes and pundits always put their emphasis on offense. After all, that's what sells the tickets and their newspapers. But people who know sports, on any level, in any way, shape, or

form, realize that defense wins you the titles.

Defense is based on two things that can never be taught. The first is speed. You can enhance it somewhat. But it's something you are born with. The second is anticipation. It is something you are definitely born with. No one can teach it to you. Offense is based on a plan. You know where you are going. Defense is getting there before the offense has the opportunity to do that.

That's why O'Quinn's save was so spectacular. In his own words, here's what he said about his effort that preserved the tie. "I saw it all happening. I knew where the pass was going. I knew where they'd put the shot. I just knew."

They shot it high right. O'Quinn tracked it down. Most tenders would have waved at it.

That was the game. And when it was over, Northrup said this while he smiled like the cat who had just caught the canary, "This tie was a win for us. Ludlow is a powerhouse." Then he added, "This was a point for us."

But the real point was on the field. The coach doesn't want his team to play like Ludlow; he wants them to play better than the Lions. On this evening, the Brownies proved they belonged.

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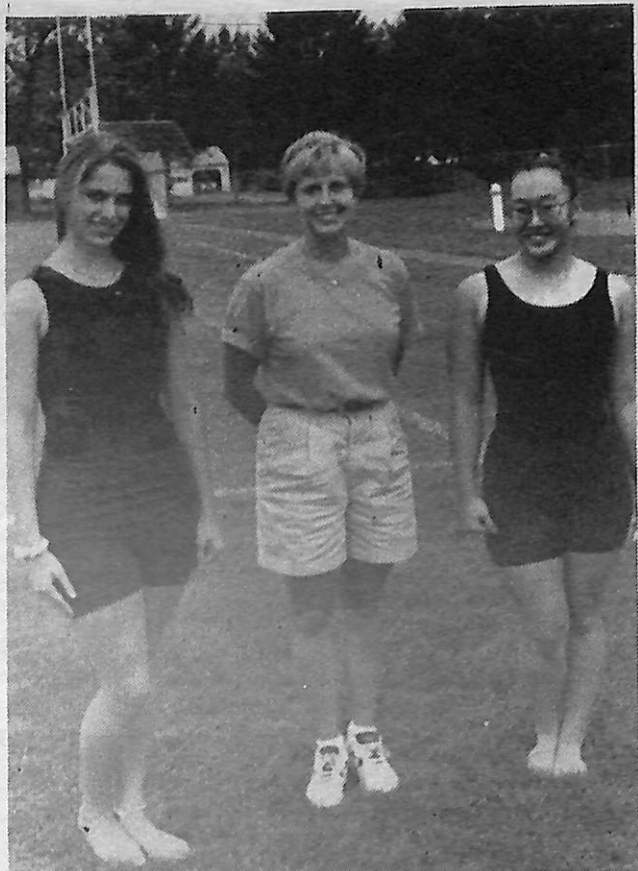
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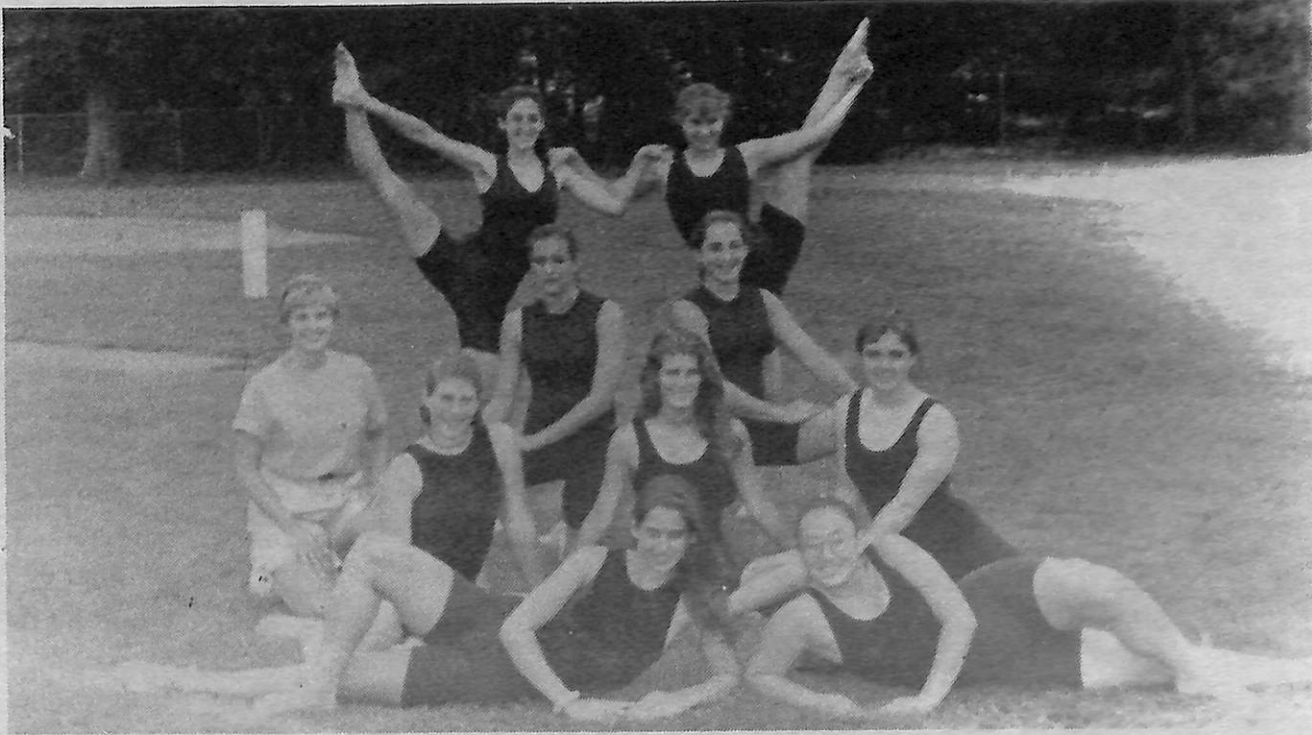
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AGAWAM HIGH GYMNASTICS COACH Angela Sullivan with this year's co-captains - Kelly Mullen (left) and Melanie Demastrie. Advertiser News photo by Jack Devine.



THE 1996 AGAWAM HIGH GYMNASTICS TEAM - Back row - Lisa Marsh and Amanda Peters. Third row - Coach Angela Sullivan, Kim Pietroniro, and Lindsay Hadden. Second row - Stephanie Harnois, Melissa Sparveri, and Jessica Hansen. Front row - Co-captains Kelly Mullen and Melanie Demastrie. Advertiser News photo by Jack Devine.

AHS Gymnastics Look Strong Heading Into 1996 Opener

by Dave Rollins
Sports Editor

In-Town Boys' Soccer (Standings As Of Sept. 22nd)

BOYS' UNDER 12	WLTP
Fleming's Nightmare	2 2 0 4
Lyman's Blue Hawks	2 2 1 5
Martin's Blue Lightning	4 0 1 9
Fontaine's Red Devils	3 2 0 6
Gregor's Hot Tomales	0 5 0 0

BOYS' UNDER 10-DIV. 1	
Alvanos' Orange Crushers	0 4 1 1
Harlow's Fighting Irish	2 1 1 5
Meyers' Red Storm	4 0 0 8
Toto's Ravens	3 3 0 6
Anderson's Blue Devils	2 3 0 4

BOYS' UNDER 10-DIV. 2	
Powers' Red Devils	4 1 0 8
Prisby's Dark Vaders	1 4 0 3
Corbin's Blue Vikings	1 2 1 3
Nawskon's Green Dragons	1 3 1 3
Comee's Tigers	4 1 0 8

On Friday, September 29th, the Agawam High gymnastics team will kick off its 1996 season. It will conduct its schedule under Coach Angela Sullivan. She feels her team will be one of the best around.

They'll start with an All-Western Massachusetts athlete, senior **Melanie Demastrie**. Demastrie, who also runs track, can do it all. But the uneven bars and the floor exercises are where she really shines. At 5'3" tall, she is all power.

Demastrie will be showcased along with senior captain **Kelly Muller**. "She does everything but the vaults," according to Sullivan. "But Kelly runs at high speed all the time. We don't want to burn her out," the coach added.

She has a junior standout — **Jess Hansen**. She can do everything, but they are not sure where they'll place her. "I think she'll do the bars and the vault," Sullivan offered. Then she added, "Whatever Jess does, she'll score points."

AHS Has Plenty Of Sophomore Gymnasts...
After Hansen comes the sophomores. The Brownies are loaded there.

Lindsay Hadden is a standout all-arounder (uneven bars, vault, beam, floor). "This is the only sport she does," the coach noted. "She is an excellent gymnast."

Kim Pietroniro is another sophomore. "We would like to have her as an all-arounder. But we will probably use her on the floor and beam because she is so good in those events."

Amanda Peters will be featured on the uneven bars and the vault.

Sophomore **Lisa Marsh** is another solid newcomer. "She's new. She's a dancer and a fast learner. She'll do the floor exercises," Sullivan said.

The coach explains, "Dancers are natural for the floor. They combine a natural rhythm with strength and athleticism." Then she added, "The floor exercises are all angles and points of contact. Why do you notice when they do the routines they all look like springs?"

Her final sophomore is **Kim Ziembra**. "She does the beam and the vault," Sullivan told us.

Then the coach added, "We have two freshmen: **Stephanie Harnois** and **Melissa Sparveri**. Both are young and inexperienced. But both of them have talent."

Sullivan then talked about high school gymnastics. "It is a high-risk sport. Only football has more injuries. But gymnastics is the biggest sport in the world. Look at the Atlanta Olympics. That's just the tip of the iceberg."

The coach is 25 years-old. She attended Springfield College and competed for the Thompson Gym Club in South Hadley. She is 5'2" tall and a gymnastic dancer.

She teaches biology and science at Agawam High School. She is competitive and promises a strong season for the girls.

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AGAWAM HIGH JV CHEERLEADERS, back row, from left - Marie Svadeba, Cathy Dickinson, Kristen Parker, Michelle Dise, and Katie Chmura. Middle row - Katie Ferguson, Brooke Ramah, Melissa Weinle, and Erin Ottomaniello. Front row - Alanna Murphy and Jill Turban. Advertiser News photo by Jack Devine.



AGAWAM HIGH VARSITY CHEERLEADERS' Coach Kim Hebert with her two captains - Melissa Betty Almquist and Megan Kenney Shannon. Advertiser News photo by Jack Devine.

AHS Cheerleaders Continuing Tradition Of Excellence

by Kathy Cassanelli
News Editor

A rainy weekday afternoon finds Agawam High School cheerleading Coach Kim Hebert scrambling to find a spot for her girls to practice because available gym space must be shared with all the fall teams for both girls and boys sports.

Once her 25 athletes have settled into the back gym to begin their stretching exercises, Hebert is ready to talk about the sport she has loved for the past 12 years.

A four-year varsity cheerleader at AHS and at college, Hebert is beginning her fourth year as the varsity cheerleading coach and her second year coaching a junior varsity squad as well.

"I made a commitment to developing a strong cheerleading program at AHS and I think I'm starting to achieve it," Hebert said. "With the number of girls showing up for the tryouts increasing each year, there was enough interest to warrant choosing a junior varsity team last year for the first time."

This year, the varsity team has 15 members and the JV team has 10. Each position is earned through tryouts in the spring and no one is guaranteed a spot on the team, Hebert said.

As they do each summer, the cheerleaders begin getting ready for the fall season with a mandatory four-day stay at the Brant Lake Camp sponsored by Universal Cheer of America (UCA). The girls pay their own tuition and the group worked together to raise the \$1,000 needed to charter the bus to transport them to camp.

The AHS varsity contingent emerged as the camp champions in the cheer and sideline divisions for the routine they perfected during the camp. They also picked up the "spirit award" voted on by the camp counselors.

The JV team garnered a camp championship award for their cheer division as well.

"Our girls did very well at camp," Hebert said. The camp experience is necessary for the girls to learn to work together as a unit, according to Hebert.

Unity The Key To Success

"The major difference between cheerleading and other sports is that unity is the key to success," Hebert said. "The girls have to go out on the floor and perform as one. Synchronization is key. It's important for the girls to get to know each other. At camp, the varsity and junior varsity teams work together."

In addition to receiving awards for their teamwork at camp, the Agawam girls earned three recommendations to participate in the prestigious New Year's Day parade in London, England.

Melissa Almquist, Natalie Piccin, and Melissa Weinle could be joining cheerleaders from across the country as they march through the streets of London to be reviewed by members of Britain's royal family.

This year, the cheerleaders are putting new meaning into the familiar initials AHS. Their motto for the year: "Attitude, Heart, Spirit."



MEMBERS OF THE 1996-1997 Agawam High varsity cheerleaders. Back row, from left - Lauren Piccin, Kristin Pisano, Michelle Heim, Tara Fleming, Ella Atkins, Michelle Beaudette, and Coach Kim Hebert. Front row - Kadie Barrington, Sheree Cardin, Leah Zurlino, Natalie Piccin, Megan Shannon, Melissa Almquist, Amy Bronson, Michelle Kowalewski, and Kristin Ferguson. Advertiser News photo by Jack Devine.

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AHS Girls' Soccer Dominates East Long. For 3rd Straight

by Dave Rollins
Sports Editor

Maybe all it takes is a heart-to-heart talk to get your message across. Maybe it takes intuition. Maybe it just takes the right words said at the right time.

Agawam High girls' soccer Coach Mary Murray must have said those words to her tearful players after they were embarrassed by a 5-1 count on September 12th vs. top-ranked Cathedral High.

"Those kids are too good to be losing," she said then. On Tuesday afternoon after their 3-1 win over pre-season divisional pick East Longmeadow (the team's third win in a row), the coach beamed, "We lost our first two games to a couple of powerhouses (West Side and Cathedral). I told them things would be tough. I told them to tough it out. They've done that."

The girls, wearing their power orange road uniforms, went into enemy territory when they played EL. We sat on the EL side of the field. While their nickname may be the Spartans, the venom spewed at the Brownies might well have been the rattlesnakes. They had enough to go around.

Much of it was directed at junior sensation Kristen Patterson. "They don't like me very much," the All-Western Mass. player smiled after the game. It was obvious she heard the catcalls.

Well, sticks and stones may break your bones, but names will never hurt you. EL got the first goal at the 33:25 mark. It was a nice piece of work off the foot of Jenny Hill.

The AHS scores might have made the EL fans more vocal, but all the yelling in the world won't change the scoreboard.

Loudfoot Sisters Come Thru

Aimee Loudfoot got the first Brownies' goal at the 27:07 mark of the first half. It was particularly satisfying because EL, pumped by its score, had been spending lots of time in the Agawam zone.

Aimee is the younger sister of Gina Loudfoot. Both are fine soccer players. But Aimee, just a freshman, has All-Western Mass. written all over her down the road. And she showed it on this over-cast afternoon.

AHS CHEERLEADERS - from Page 39...

The girls have already launched their fall season by appearing at a varsity soccer game and last Friday night's football game in Chicopee. They will be bringing a mix of old and new material to their performance at the season's first home football game at Harmon Smith Field at 7:00 p.m. on Friday, October 4th.

"Our priority is showing school spirit and raising cheerleading to a new level," Hebert said. "We'll be focusing more on all the sports, not just football and basketball. We're going to try to get to at least one game for each fall sport."



THE 1996 AGAWAM HIGH girls' junior varsity soccer team. Back row, from left - Gwen Gonyea, Linda Roy, Kornelia Moysis, Nikki Reshamwala, Alison Jackobek, Cara Tierney, Jess Dutton, Diane Abdala, and Jen Lyman. Kneeling - Kerry McGeoghan, Shawna Suffriti, Judy Treuethan, Katie Shannon, and Chris Campbell. Front row - Kaitlin White and Franca Bonavita. Advertiser News photo by Jack Devine.

Older sister Gina, not to be outdone, slashed in on EL keeper Lindsay Sawyer a few minutes later. She hit it on the nose and gave AHS a lead it would never relinquish at 2-1.

After that goal, Diana DiStefano, Gina Loudfoot, and Rita Reshamwala took control. Their defense frustrated EL. Their hustle drove the EL fans nuts.

The half ended, 2-1 Agawam.

Here Comes Kristen

The Brownies started to dominate in the second half. And EL started to resort to bootball. All on hand knew it was over at the 15:11 mark. Patter-

son got the ball at midfield and whirled toward the EL net.

With the putdowns pouring down on her, she let one go for her third goal of the season. It was a beautiful thing to watch. Patterson raised her hands and Murray, knowing the EL goose was cooked, took her out.

Agawam now goes to 3-2. EL had a two-game winning streak snapped. The Brownies' Amy Mastroianni said after it was over, "This is the start of a streak for us. We know how good we are. The coach (Murray) told us we were winners after the Cathedral game."

Agawam Park & Rec. Men's Volleyball Standings (As Of 9/24)

TEAM	W	L	P
Shotblock	3	0	8
Fitness First	3	2	9
Sideout (Southwick)	2	2	7
Sponsorless	2	3	6
Simmons	0	3	0

Western Mass. "Cheetahs" Seeks Coaches & Assistants

The Western Massachusetts Girls AAU Cheetahs are currently seeking basketball coaches and assistants.

For more information, call Jo-Anne T. Vanin at (413) 256-1961, or Linda Sasso at (413) 592-5906.

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Outdoors New England

by Kent Servis
Outdoor Writer

Finding The Fish In The Fall

In order to score consistently when fishing in the fall, the angler has to realize the reasons that the fish will concentrate in certain parts of a lake, pond, or river.

Temperature and shortened daylight hours are one major factor. Boat traffic — or the lack of it — is another influencing factor on normally busy locations.

Fish are considered to be cold-blooded; that is, they do not have a mechanism to regulate body temperature. Their body temperature and their metabolism are dependent on the water temperature.

In a given body of water, there is apt to be a variation in surface and sub-surface temperature in different portions of the lake.

Find the warmer water and you are apt to find the more active fish. As the temperature of the water begins to fall, the smart angler must slow down the presentation of the lures or baits. When a fish's body temperature cools down due to the colder water, it's activity level also drops.

Many fish are lumped into two categories: cold-water species and warm-water species. Trout, salmon, and the like are considered cold-water fish. Their ideal temperature range is geared to cooler water than the warm-water fish such as bass, pickerel, and most pan fish.

The good news for the fall angler is that as the bass slow their activity in the fall, the trout respond to the slightly cooler water by spending more time in the upper column of water, and therefore are more accessible.

Between hunting trips this fall, when you venture on the water, a good tool to take is a thermometer. By comparing water temperatures in various parts of the lake, you can take advantage of areas that harbor more active (catchable) fish.

BIKE PATH MAY HELP RESTORE RIVER BEAUTY
The proposed bike path along River Road in Agawam may help to enhance the river environment. Brush clearing and litter removal will help to "open up" the view of the river bank on the Agawam side of the Connecticut River.

On the subject of litter, it is true that some irresponsible people do leave evidence such as bait containers and trash on the banks. Most fishermen are first and foremost sportsmen. By the very nature of our love of the beauty of nature's outside environment, we leave an area with bags full of other people's litter.

Several groups of transients have been camped on the river along River Road. The overgrown brush provides perfect concealment from passing

motorists as well as pedestrians.

Old mattresses and other junk are left on the bank when they are through with them.

Many of these folks fish in order to eat. They do not fit into the category of "fishermen" or "sportsmen." Anyone willing to litter the banks of the river with discarded mattresses and crude plastic bag shelters, does not care whether or not they pick up a bait container.

By opening up the view of the shoreline along River Road, these slobbs will be visible and available to police scrutiny.

FISH REPORT

Hampton Ponds and Congamond Lakes both report low angler pressure. Both lakes have similar characteristics, and what works at one will usually work at the other. Trout are being taken trolling in the early morning and evening hours. Small spoons and spinners are accounting for most of the trout.

Connecticut River fishermen below the Holyoke Dam have been scoring on numerous smallmouth bass and an occasional walleye. Crank baits worked very slowly outside of the weedlines have been productive.

Above the Holyoke Dam, the river itself (along with the Oxbow section) are producing some decent northern pike action. The mid-summer pattern of using fast-moving buzz baits has come and gone. Slower-moving lures such as spinnerbaits and crank baits are now producing.

SALT WATER

Stripers continue to be found everywhere along the coast, with flyrodders having a ball on schoolies. Some larger bass are mixed in. Surf fishermen will start benefiting from the annual fall migration of stipers and blues, as the months of October and November arrive.

Blackfish are being found in spotty fashion along the Connecticut and Rhode Island coast. Look for rocky areas and submerged mussel beds. Green crabs are the perennial favorite. Porgies are being taken off of most of the reefs in Long Island Sound.

Offshore tuna fishing has been spotty at best, but should improve during October. Sharking has been fairly consistent. Mostly blue sharks have been taken; however, an occasional mako or thresher is hooked, making for an interesting outing.



Agawam/West Springfield Hockey Association

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Sunday, October 6, 1996

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TIME:

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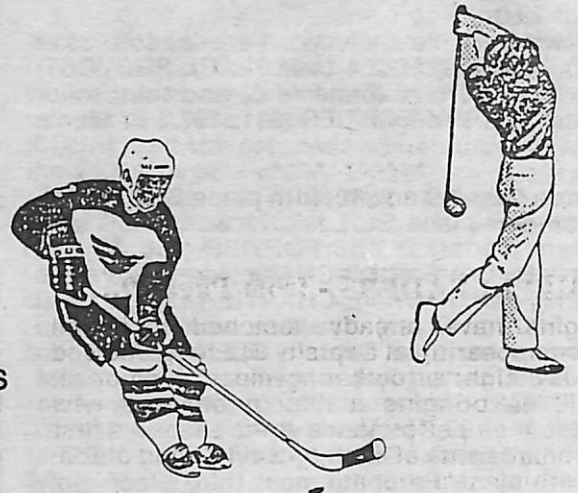
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COMMITTEE:

Paul Flaherty — 739-2080 John Ciborowski — 736-8966
Steve Smrecek — 739-0505 Dave Ciborowski — 788-0544

Sign up with a Committee member or mail check (payable to Agawam/West Springfield Hockey Association - Golf Outing) to:

Paul Flaherty
66 Heritage Lane
West Springfield, MA 01089



Agawam Soccer Assoc. STANDINGS

(As Of September 22, 1996)

UNDER 10 GIRLS	W	L	T	P
Patrick's Red Fireballs	6	0	0	12
Lyman's Gold Diggers	3	1	1	7
Nasti's Green	2	2	1	5
Pfau's Black Blizzards	0	1	4	4
Miner's Maroon	1	3	1	3
Morace's Blue	0	2	3	3
Gould's Orange	0	3	2	2

UNDER 12 GIRLS	W	L	T	P
Douglas' Blue Smurfs	3	0	1	7
Reilly's Black Widows	3	1	1	7
Adams' Red Fireballs	2	2	0	4
Francis' Lady Bugs	2	2	0	4
Kennedy's Green Machine	2	2	0	4
Klimczak's Gold	0	2	1	1
Knodler's Orange Bombers	0	3	1	1

UNDER 14 COED	W	L	T	P
Mouneimneh's Red Fireballs	3	1	1	7
Fleming's Green Revolution	2	0	3	7
Ellsworth's Orange Bengals	1	0	2	4
Zingarelli's Black	0	2	3	3
Pilegi's Blue	0	3	1	1

Two Teams Remain Undefeated In Tri-Parish Bowling

Some familiar names are on the leaders' board in the Monday night Tri-Parish Bowling League and two teams, Georgetown and St. Anselm, both are undefeated with four wins apiece, good for first place. The league is held at the Agawam Bowl.

Georgetown faced seventh place Notre Dame and it was a clean sweep. G-Town winners were leadoff LOU NAPOLITAN (278, 81.1 in Men's C), "Steady" STELLA BARBIERI (281, 91.2 in Women's B), the famous DEBBIE POIRIER (328, 106.0 to lead Women's Open Class), and anchorman BILLY "Boy" GRIFFIN (a huge 371). Billy "Boy" is the shocking league leader while in Men's A at 116.1. He devastated poor ND anchorman MARY THOMAS (252, 90.0 in Women's AA).

Next up was St. Anselm and St. Mary's. St. Mary's had three winners in this one - leadoff MARIE LYNOSKY (258, 84.1 in Unclassified), second roller KIM LACROIX (297, 90.2 in Women's A), and third roller JOHN MLINEK, a thrilling 327-321 victor over DON "Don't Sit On" STITT. Mr. Mlinek is fifth in Men's B at 84.1.

In the battle of the captains, "Luscious" LOU MULDERW showed his stuff by defeating RICH SNYDER, 314-303. "Luscious" has moved his average up to 95.1 in the Men's Open Class (third), while Rich is at 108.0 in Men's AA and sports the fourth best average in the league.

Sixth place Catholic University and fourth place St. Michael were battling over on Lanes 7 and 8, respectively. CU winners were second roller CORI NAPOLITAN (280, 93.2 in Women's AA) and Captain JERRY ALLEN, who took no prisoners in totally devastating CU Captain BILL GRAY, 373-282. Jerry is now at 108.2 in the Men's Open Class, good for second overall in the league standings. He was last year's Tri-Parish strongman. "Black & Blue" Gray is behind Allen in the Open Class at 99.0.

The two St. Mike's winners were leadoff roller TAMMY VOGEL (256-254 over PEARL PROVOST; Tammy is at 70.1 in Women's C) and third roller "Reliable" LARRY FORTIER (311, 107.2 in Men's B).

Over on Lanes 9 and 10, fifth place Boston College and last place St. Louis faced-off. BC winners were leadoff DORIS FORTIER (286, 87.2 in Women's B), DAVE ALDRICH (306, leader in Men's C at 92.0), and YVONNE CHARTIER (303, 92.2 in Women's Open Class). The lone wolf for St. Lou was none other than Captain GLEN ADAMS, an easy 360-300 victor over a howling "Jungle" JIM MCCORMICK. Glen is at 106.2 in Men's AA while "Jungle" is at 99.2 in Men's A.

The final match of the night on Lanes 3 and 4 saw ninth place Fordham meet third place Holy Cross. HC winners were leadoff MARSHA DOBIE (241, 81.2, leader in Women's C) and BILL BURLINGHAM, a 328-285 over floundering "Jollie" OLLIE MULDERW. Bill (who will soon have a nickname) is the leader in Men's AA at 113.1 while "Jollie" continues to scrap off the rust at 95.1 in the Men's Open Class.

The two Fordham winners were second roller VI MASSOIA (272-267 over "Wild" BILL ALDRICH; 94.0 for Vi in Women's AA) and third roller JOHN LONCRINI (329, 101.0 in Men's A).

"Megabucks" Enduro At Riverside

On Saturday, September 21st, Riverside Park Speedway in Agawam hosted its annual \$5,000-to-win "Megabucks" Enduro Night. A crowd of 5,832 came out to witness the Enduro and the "real" race divisions, and this event drew a total of 375 cars.

George Savary visited victory lane every time (except twice) the Pro Four Modifieds ran this season. And this year's final point race was no exception to the rule.

Gary Cassella — the man who won the other two races this year — hunted Savary to the checker and ultimately took second, followed by Ron Smith (with his Saturn-powered race car), Joe Doucette, and Mike Casey (who came from the back after being involved in an accident).

Sixth through 10th were Kevin Konopka, JR Gorman, George Ruff, Meg Gorman, and Ken Korhonen. The only real caution came out with Tom Gavine hit the front straightaway wall at a ton at the halfway point.

As Savary won the event, it was a shock to see who became the 1996 Pro Four Modified Champion ... Ron Smith! Savary missed one event that cost him the Championship by 12 points.

Zak Sylvester came from 15th in the Mini Stocks to secure his fourth win of the season in the TAS Custom Homes Probe. Sylvester took the lead from early leader Dan Zavisza and Ace Johnson, the 1996 Mini Stock Champion.

Following Sylvester to victory lane were Zavisza, Johnson, Ron Barnes, and Paul Kratchovil. Rounding out the top 10 were George Corra, Will Smith, Cheryl Reilly, Don Travaglin, and Mike Nolan.

The defending Late Model Champion finally visited victory lane for the first time in 1996. Gee Perry inherited the lead after Chuck Docherty broke in turn four with five laps to go.

Ted Chalmers came from the back to finish second. Third with a strong run was Brian Locke, fourth was E.J. Legacy, and fifth was Ernie Tarca. Sixth through 10th in this division went to Eric Plagerman, P.J. Pelc, Joe Arena, Paul Barnard, and Rich Finch.

However, as was announced several weeks ago, Todd Owen has been named the 1996 Late Model Champion.

Dave Cassie won the 5/8 Scale Replica Coupe and Sedan Race, as outsider John Pyser won the Dwarf division bonus. Cassie was followed by Bruce Harrison and Brian LaForte.

Meanwhile, Pete Valeri held off Jim Mayrant, Dan Cyr, Tim Dawson, Mike Beebe, and Jerry Crawford. This was an open-style event with no Riverside Point Champion for the 5/8 Scale Replica Coupes and Sedans.

In the Super Stock division, Mark LaJole was back in control to take down another win, as last week's winner, Vinnie Pond, moved in to challenge at the checker.

John Provencher pulled off a strong third ahead of Craig Collins and point contender Rick "Bear" Charette. Keith DeSantis, the 1996 Super Stock Champion, was sixth over Mike Chaves, Mike Tiani, Scott Garrity, and Sal Mocchio.

In the Strictly Stock division, it was Jim Sommer to secure another win, followed by Mike Salmond, the 1996 Champion in this division.

Glen Reilly was third, rookie Scott Ciak was fourth, and fifth was George Colton. Rounding out the top 10 for the Strictly Stocks were Mark Anderson, Scott Neleber, Brian Hurd, Jon Waterhouse, and Tony Kilty.

Glen Meisenhelder secured his fifth win in the Half-Ton Truck division. Dave Capriati fought back hard to the checker to ultimately take second place, and he was followed by Brian Wittcamp, Bob Bellinger, and Brian Hohenstein.

Sixth through 10th were Nancy Muni, Marty Kosakowski, Todd Deringer, Wendy Charles, and Don Bellinger.

Meanwhile, Brian Wittcamp has won the Championship for the Half-Ton Trucks for the 1996 season.

The New York "Blunderbusts" again visited the Agawam quarter-mile last Saturday evening, as Tom Pickerell beat out Ron Pickerell at the checker.

Third was early leader Richie Hubbard, followed by John Clancy, Gordon Huyler, and Scott Dennis. No points were awarded in this division.

STANDINGS - from Page 41...

UNDER 17 COED
Brinn's Orange
Kelly's Black Bombers
Rose's Green
Shaw's Red Rebels

W L T P
3 0 0 6
2 1 0 4
0 2 1 1
0 2 1 1

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THE THOMAS DALMOLIN SCHOLARSHIP Golf Tournament was held September 15th at Agawam Country Club. **IN PHOTO LEFT** - Mary Lou Vigue is pictured with Mary & Joseph DalMolin, Tom's parents; **IN PHOTO RIGHT** - this fearsome foursome of John Moccia, Fred Pajer, Jim Serra, and Ernie Malone were about to attack the links. Advertiser News photos by Jack Devine.

DalMolin Scholarship Golf Tournament Is A Huge Success

The third annual Thomas DalMolin Scholarship Golf Tournament was held at the Agawam Country Club on September 15th. The Tournament was a huge success thanks to the many golfers who turned out for this worthwhile event.

Proceeds from the Golf Tournament will benefit the Thomas DalMolin Scholarship Fund. Three Scholarships are given out every year to a graduate of Agawam High who has participated in Golf, Soccer, or Hockey.

The Committee and Family of Thomas DalMolin would like to thank all who participated, as well as those who donated raffle prizes. Their contribution and generosity help make this event a success.

Anyone interested in joining the Committee to help with upcoming events can do so by calling MaryLou at 786-1959.

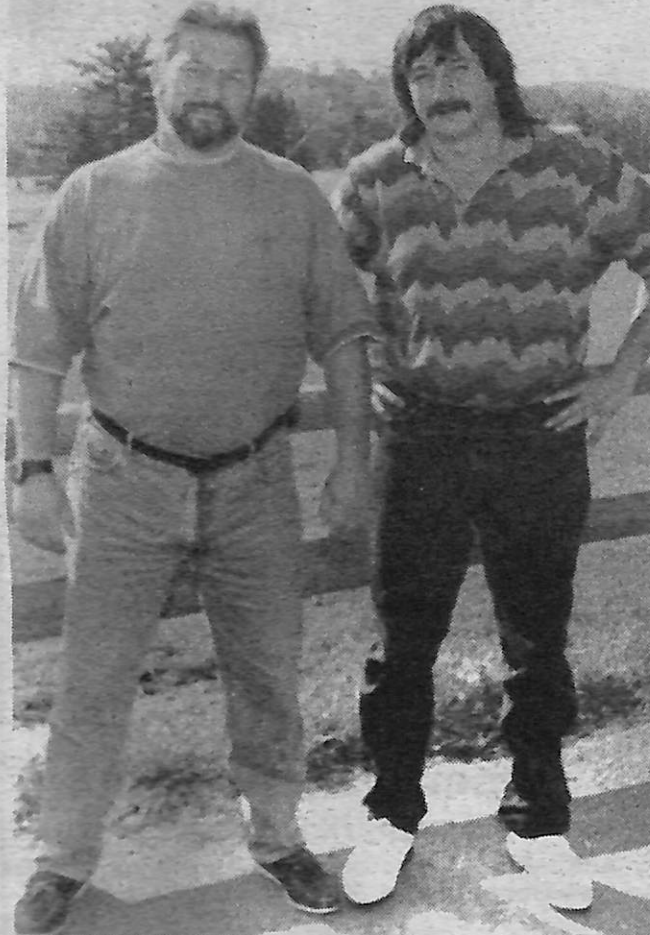
Westfield Riding Club To Host Poker Ride

The Westfield Riding Club is holding its first Annual Poker Ride October 13, 1996 (rain date: October 20th) starting at their facility on Fowler Road in Westfield.

Check in will be at 9:00 a.m. with coffee and doughnuts, a three-hour trail ride, followed by a chicken and spaghetti dinner.

Beginner through advanced riders are welcome. For more information, call Ruth at (413) 562-2181.

Best hometown news...



KIP REGNIER and **FRED PAJER** were both involved in the Annual Thomas DalMolin Scholarship Golf Tournament and said the day was another big success. Advertiser News photo by Jack Devine.

CCBA To Hold Invitational Golf Tourney In October

ACT I, "Agawam Citizens For Tomorrow," will be holding an Invitational Golf Tournament on Monday, October 21, 1996 at Crestview Country Club. This event is being sponsored by the Concerned Citizens and Businesses of Agawam (CCBA), and the proceeds will be used to benefit the CCBA Legal Fund.

ACT I needs you in its cast of players, so don't delay — register today! The golf tournament format will be a four-person Scramble.

The player's entrance fee of \$100 per player includes:

- A luncheon barbecue (hot dogs and hamburgers) from 11:30 a.m. to 12:30 p.m.
- Golf and cart, with a 12:30 p.m. shotgun start.
- A social hour from 6:30 to 7:00 p.m. with hors-d'oeuvres and a cash bar.
- Crestview's famous dinner buffet from 7:00 to 9:00 p.m.

(Non-golfers can enjoy the social hour and dinner buffet for a fee of \$40.)

ACT I needs sponsors, so why not *swing* in and help us keep Agawam beautiful?

All entry fees and registrations must be received and paid in full no later than October 11th.

For further information and/or a registration form, contact Donna Jago, 786-2593, or Peter Clark, 786-2113, of the ACT I Golf Commission, c/o Crestview Country Club, P.O. Box 305, Shoemaker Lane, Agawam, MA 01001-0305.

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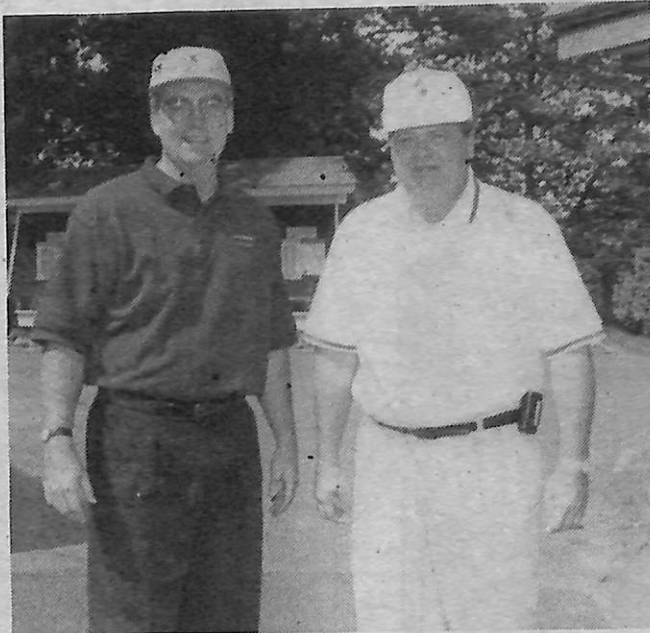
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Sophie Strycharz Remembered At Gold Tourney



THE AMERICAN LUNG ASSOCIATION/SOPHIE STRYCHARZ MEMORIAL GOLF TOURNAMENT was held at Oak Ridge Golf Club on Thursday, September 12th. IN FIRST PHOTO, committee members included Mike Drewnowski, Bob Loizzo, and Mono Strycharz. IN SECOND PHOTO, Mayor Christopher C. Johnson and Police Chief Robert Campbell were two of the participants. IN THIRD PHOTO, Patricia Strycharz and Julie Sicinski are pictured with Oak Ridge owner Tony Strycharz. Advertiser News photos by Jack Devine.



SOME FAMILIAR FACES WHO participated in the Annual Sophie Strycharz Memorial Golf Tournament at Oak Ridge Golf Club included, from left - Mario Sakellis, executive director, Western Mass. Lung Association; Dan Yorke of Feeding Hills, TV-40 and WHYN Radio 560 talk show host; Bill McDonald, Lung Association vice-president; and Jeff Seyler, Lung Association's program director. IN PHOTO RIGHT, Mario Sakellis and Bill McDonald are greeted by Oak Ridge Golf Pro Jim Modzelesky. Advertiser News photos by Jack Devine.

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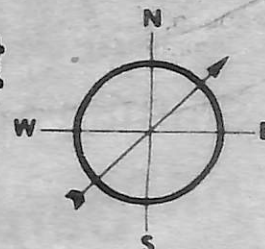
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RAINBOW TOT DAYCARE: Are you in need of Daycare?? I am a Licensed Daycare provider, located at Shoemaker Lane, Feeding Hills, MA. For more information, call Robin at Rainbow Tot Daycare, **786-3709**. Infants welcome. License number 179173.

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REAL ESTATE: Buyers wanting to buy and sellers wanting to sell real estate. Please call the preferred Realtor, Pam Savioli of Landry, Lyons & Whyte Co./Better Homes & Gardens, **(413) 786-0663**.

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TAG SALE: Sept. 28th & Sept. 29th. Rain or shine. Moving—must sell: furniture, yard tools, exercise equipment, children's clothes, toys, pool accessories. 52 Memory Lane (off Hendom Drive), 9:00 a.m. to 2:00 p.m.

TAG SALE — 3 FAMILIES: Sat., Sept. 28th, 9-3. 68 Nicole Terr., Feeding Hills (57 to Charter Oak). Rain date Sun., Sept. 29th.

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FOR SALE: Seasoned, dry, hard cord wood for sale. Call **789-0484**.

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